Reader's Digest

JUNE 2023

Fun WORDLE Words

STAY SAFE FROM SCAMS



How We Fail Our Truckers
An RD ORIGINAL

LOST AT SEA FOR 16 HOURS
A DRAMA IN REAL LIFE

Tales of GOOD LUCK
By RD READERS

Music as Medicine
By ANICKA QUIN

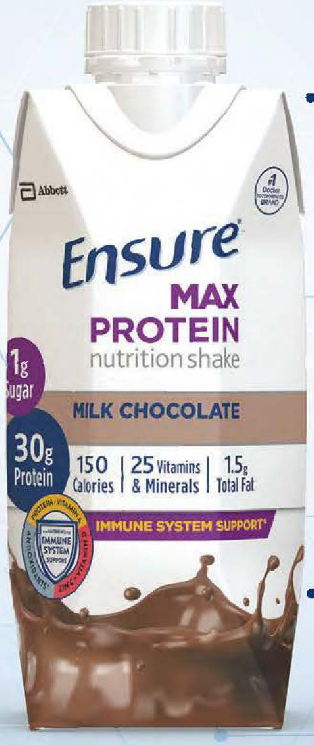
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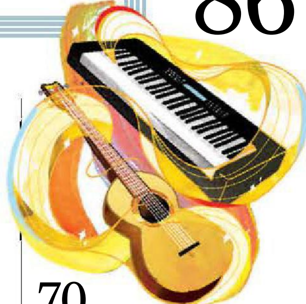
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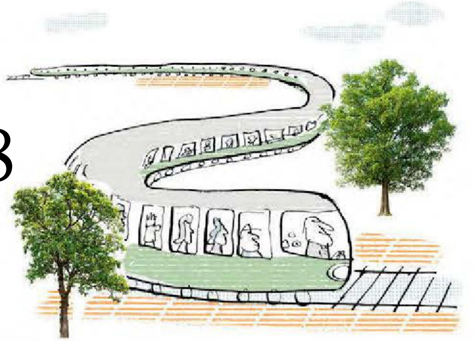
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SERGE BLOCH

** Story referenced on cover*

DEAR READER

Flipping for Community

My pancake-making skills have never been much to brag about. I rely heavily on a delicious recipe from our sister publication *Taste of Home*. (The dash of salt makes all the difference!) My pancake-flipping skills are where things fall apart, literally. As a result of poor spatula skills, I volunteer to eat the burnt and broken pancakes my kids won't touch. The number of those is more than I want to admit.

My poor pancake skills didn't stop me from volunteering for kitchen duty at a recent charity event at our local elementary school. At Pancake Breakfast: Spreading Kindness, folks from the community donate a canned good and parents from the school serve up breakfast. I jumped into any task that didn't include a spatula. By the end of the day, I had met new neighbors, parents and teachers. More importantly, the event offered a chance for the neighborhood to have a meal together and help the local food bank provide a meal to someone else in the community.



Added bonus of working the pancake breakfast: smelling like bacon all day

We want to hear how your community comes together. This year, we've partnered with Dollar General for our annual Nicest Places in America search. We're working together from coast to coast to find stories about the towns where people join forces and prove what community is all about. Submit your story by opening the camera on your cellphone and pointing it at the black "scan me" box below or by visiting us at *rd.com/nicest*.

And feel free to email me your pancake-cooking tips. My kids will thank you.



SCAN ME

Jason Buhrmester,
CHIEF CONTENT OFFICER

Write to me at letters@rd.com.

FROM TOP: MELISSA GORSKI. TMB STUDIO/MARK DERSE


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REASONS TO SMILE

Have Chair, Will Travel

For travel blogger Cory Lee (below), it was easier to explore Antarctica than some of the nearby parks and beaches in his home state of Georgia, where being a wheelchair user meant that rugged hiking trails were off-limits. Not anymore. With the fundraising support of foundations working with the disabled, all-terrain power wheelchairs are now available at some state parks in Georgia as well as in Colorado and Michigan, with more states likely to join. The treads on each Action Trackchair allow those with mobility issues to traverse rocky trails, sandy beaches and steep hills. As Lee told CNN, "It'll open up a whole new world for me and for other wheelchair users."



COURTESY OF CURB FREE WITH CORY LEE

EVERYDAY HEROES

What a Fish Tale!

These kids' fathers aren't around. So this dad takes them fishing every weekend.

BY *Cathy Free*

FROM **THE WASHINGTON POST**

IT WAS HARD not to notice the 8-year-old boy across the street who stormed in and out of his own house. He did it often enough that a neighbor, William Dunn, wondered what was going on in his life. So Dunn asked him.

"He told me that he didn't have a father," says Dunn, now 58, "and I realized there might be something I could do for him."

That something was fishing, a passion Dunn's father had shared with him. "Fishing always brought me peace and it taught me how to be patient. When you're on the water, you can forget about your problems and just appreciate the moment." Dunn, who has three children of his own, got permission from the boy's mother to take him fishing.

One Saturday afternoon on the water led to another, and soon he was teaching other kids in their Lakeland, Florida, neighborhood how to rig a line, hold a pole, and reel in a big catch. That was 16 years ago.

Since then, Dunn has taken groups of kids out almost every weekend to fish. Most didn't have father figures in their lives and had never fished before. Some were foster kids who had shuffled from one home to the next.

"They'd been through a lot, and they'd seen a lot, and their lives were difficult," Dunn says. "But when they

PHOTOGRAPH BY *Bob Croslin*



Fishing is about "making memories," says William Dunn, with two new anglers.

were fishing, all of that faded away. Out on the boat, they'd be laughing and smiling and making new friends. I knew I was on to something."

In the beginning, Dunn—"Big Will" to the kids—spent a good chunk of his paycheck from his job selling tires to rent charter boats for the kids. Then, in 2018, he started the nonprofit Take a Kid Fishing Inc. He and a small group of volunteers have introduced more than 2,500 kids—most without fathers around—to the calming peace found on the water and the exhilaration of nabbing a fish. One of those kids was Jayden Pryor, who struggled emotionally when his father died in a car accident in January 2020.

"I'M ABLE TO FORGET ABOUT THE PAST AND CONCENTRATE ON SOMETHING FUN."

"He was really close to his dad," says Jayden's mother, Terra Pryor. And with two younger siblings, he "felt he needed to take over the man of the house role. He was trying to be strong for everyone and didn't show his emotion. I was wondering what to do to help him, and then I learned about Take a Kid Fishing."

Jayden, now 13, has become a devoted fisherman and credits Dunn with helping him mature, while also being sure to mention that he once caught a shark with Dunn's help.

"I hope he knows I mean it when I say thank you," he says.

Just as important as the fishing are the relationships Dunn forms with the kids.

"When Jayden was going through a rough patch ... I let Will know that his grades were suffering and he had a little talk with him," Terra says. Jayden came home and told her that Big Will had given him a sense of purpose. And, she adds, Jayden's grades have improved.

Another regular angler, Bella Smith, says that Dunn emphasizes self-respect and mental toughness.

"I'm able to forget about the past when I'm fishing and concentrate on something fun and positive," says Smith, 21, who is in a foster program for young adults while she takes automotive classes at a technical college. "Fishing is learning for life. I've learned that I deserve a better life than what I had. Whenever I feel down about something, I know it's time to go fishing."

Dunn's own father passed away this past December. As a result, the fishing trips have taken on new meaning for him. "I have even more passion for it because now I'm fatherless too." That's why he's always eager to watch the kids on the boat.

"There's nothing like feeling that first tug on the line and seeing a kid light up with a smile," Dunn says. "I feel lucky to witness that every weekend."

THE WASHINGTON POST (JUNE 17, 2022), COPYRIGHT © 2022 BY THE WASHINGTON POST.

GLAD TO HEAR IT

3 STORIES TO *Make Your Day*



Hair Apparent

After two failed surgeries to remove a benign brain tumor of the pituitary gland, Melanie Shaha of Gilbert, Arizona, started radiation treatment. A side effect was that she lost her hair permanently. “I don’t mind being sick,” she told Today Parents. “But I mind looking sick.” Her son Matt Shaha, 27, soon offered to grow out his hair to make a wig for her. Melanie nixed the idea, but Matt insisted. Pointing to his golden locks, he joked: “Coming soon to a head near you!” After Matt’s hair grew 12 inches, he had it chopped off and sent it to Compassionate Creations, which creates customized wigs for patients suffering from hair loss. It was a hit. “The color is spectacular,” says Melanie. As for her son’s gift: “It sure fills your emotional cup.”

JOHN1179/GETTY IMAGES

Cut to the Chase

Derek Gotchie was outside a friend’s home, shutting the trunk of his GMC Yukon, when a stranger jumped into the driver’s seat and sped off into the Minneapolis night ... with Gotchie’s four children in the back, all under 5 years old. Luckily, the suspect had abandoned a stolen van nearby with the engine running. Derek jumped in and took chase. “I didn’t know what to do,” he told KSTP News in Minneapolis. “I’m going after my kids.” He caught up with the Yukon a few blocks later and slammed the back of it with the van, pushing it into an alleyway and pinning it against a fence. The suspect fled, leaving the kids unharmed. Told by police what her husband did, Deanah Gotchie nodded. “Yup, that sounds like my husband.”

The Fun Food Truck

When they learned that children in their hometown of Frazeysburg, Ohio, were going hungry, Jason Watson, a phys ed teacher, and his wife, Anne, a school librarian, decided to bring food to the kids in the most fun way possible: a mint-colored ice cream truck. For the past two summers, the couple have served about 70 meals a week, delivering home-cooked lunches and ice cream to those in need. Helping people is easy, Anne told talk show host Jennifer Hudson: “Find your passion, find what the need is in your community, and hit the ground running.” R



Nicky in her favorite spot—under the porch with the worms

GEORGENE A.

BEST PET PALS

Got a pet that wants to come out of its shell? See terms and submit your story at **rd.com/petpals.**

Nicky the Turtle

LANCASTER COUNTY, PA

WHEN I FIRST got Nicky, I was 10 years old, and she was about the size of a quarter. We've grown together (I'm now 80 and she weighs 5 pounds), and she's been my best friend through it all.

Nicky lives in our backyard pond in the summer, and has her own room and filtered kiddie pool in the winter. She's a yellow-bellied slider, but she's far from cowardly. She's actually quite social and curious. As the star of show and tell for four kids and eight grandkids, she cranes her neck out of her shell to get a good look at her fans. Nicky loves munching on the tomatoes and pretzels the neighbor kids feed her, and she's even gutsy enough to steal a mouthful of dog food from time to time.

On her 50th birthday (these turtles typically live 50 years or more), we threw her a blowout party, complete with a gift any turtle would die for: her own in-ground pond.

She is a good pet and a better friend. She keeps all my secrets. Nicky was in my lap the day after my wedding and as we moved from home to home, and she'll be there till the very end. R

—*Nominated by* GEORGENE A.

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LIFE
IN THESE *United States*

I was working out in the gym when I noticed a man in street clothes, who stood watching me and the others for about 20 minutes before leaving. He came a second day, staying for a half hour. On the third day, I asked him what he was doing.

He smiled and said, "My doctor said I have to *go* to the gym."

—TOM SWARTZ
Leesburg, FL

I ran into a neighbor walking his dog. It was his first pet, so I made sure to lavish praise on the cute pup. Not knowing the gender, I asked if it was spayed or neutered.

"Neither," he replied. "She's a shepherd mix."

—SUZIE LENZINI
Torrance, CA



"Today's top story: Nobody did anything about anything that you wanted them to do something about."

My 5-year-old granddaughter was fascinated as she watched her great-grandmother remove her dentures. So much so, that she just had to ask, "Does your tongue come out too?"

—VIRGINIA CULLEN
Fort Collins, CO

At a dude ranch in Texas, the cowboy preparing the horses asked my wife if she wanted a Western or English saddle. "What's the difference?" she asked.

"One has a horn and one doesn't," he said.

"The one without the horn is fine. I don't expect we'll run into too much traffic."

—GCFL.NET

My husband was so excited to finally have a kid who shared his love for baseball, until the bottom of the eighth when she loudly asked, "Is this baseball or football?"

—@IHIDEFROMMYKIDS

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My son-in-law was washing his truck when he turned the hose on his 5-year-old. She ran around, laughing and giggling. Unable to control her happiness, she shrieked, "This is so much fun, Dad! How did you come up with it?"

—DINAH RODGERS
Kailua Kona, HI

When our son went away to college, a friend of his often invited him to dinner at his family's lavish home. One day, I took time out from sorting coupons to write the family a letter thanking them for taking care of him. Soon after, my son called saying the family wanted to thank me for my kind letter, not to mention the 25-cent coupon for Ragu spaghetti sauce.

—BARBARA PORTER
South Glens Falls, NY

My uncle was in his 90s when he saw a doctor about his bum leg. After examining him, the doctor said with a shrug, "You know, Mr. Whitney, at your age you have to expect things like this."

Uncle Charlie wasn't buying it. "Doc," he said, "my other leg is the same age, and it don't hurt."

—LINDA PERKINS
Wells, ME

YOUR FUNNY STORY *about friends or family could be worth $$$. For details, go to page 2 or* **RD.COM/SUBMIT.**

HOW NOT TO GET ARRESTED

Check your ego at the door
Police in Rockdale County, Georgia, listed their 10 Most Wanted criminals on social media, and in doing so insulted a man who wondered why he'd been left off the list. "What about me?" he asked in the comments section. Officers replied, "You are correct. You have two warrants. We are on the way." He was arrested on charges of violating probation.

Be aware of your surroundings
A thief walked into a Walmart in St. Cloud, Florida, and, being a thief, pocketed a few items. He might have gotten away with it had he only turned around to see the 40 uniformed police officers milling about as part of their annual Shop with a Cop event.

Plot out a foolproof escape route
A woman in Lakewood, Washington, stole her mother's Mini Cooper and drove it till she could go no farther. That's because the route she took happened to be where road crews were laying concrete. The car got stuck and she had to hoof it out, only to be arrested later.



THUMB/GETTY IMAGES

Art of

LIVING

FOOD, FACTS & FUN



The Scoop on Gelato

This Italian export has won fans all over the world

BY *Renée S. Suen*

WE ALL SCREAM for ice cream, but for gelato, we swoon. Sculpted into smooth waves that beckon from behind glass counters, gelato is denser than ice cream, with flavors more pronounced. Because gelato is made with more milk and less cream, it's also lower in calories. In fact, its lower butterfat helps its natural flavors shine through.

Though home freezers weren't available until the 1940s, frozen treats are far from modern marvels: Egyptian pharaohs served their guests ice sweetened with

TMB STUDIO

PHOTOGRAPHS BY *K. Synold*

fruit juice, and Romans mixed crushed ice from Mount Vesuvius with honey. Many believe that the origin of gelato is actually a Chinese recipe that Marco Polo brought back to Italy around the end of the 13th century. It called for milk and spices to be mixed with overcooked rice and snow.

Gelato's Italian breakthrough came more than 200 years later, after astrologer Cosimo Ruggieri won a culinary contest sponsored by the influential house of Medici with his *fior di latte* gelato, which omitted the rice. A smitten Catherine de' Medici later had Ruggieri make his delicacy for her wedding to the future King Henry II of France.

YOU CAN EVEN FIND SAVORY VARIETIES SUCH AS RED WINE, OLIVE OIL OR TOMATO.

However, rather than Ruggieri, it is Bernardo Buontalenti who is deemed the father of gelato. (You've likely seen his namesake, the gelato brand Talenti.) In 1565, the already famous Florentine artist and architect created a dessert based on creamy zabaglione, a type of whipped custard. He blended milk, egg yolks and honey, then flavored the mixture with sweet wine, bergamot, lemon and orange for the court of Catherine de' Medici, then queen of France, to serve to the visiting king of Spain.

Despite being a hit among royalty, gelato didn't become a treat for the masses until a Parisian cafe called Le Procope, which is still in existence today, started serving it in 1686. Its owner, Francesco Procopio dei Coltelli, a Sicilian, also created the first ice cream–making machine, which allowed for the large-scale production of the frozen dessert.

Gelato then came to America in 1770 with Italian native Giovanni Basiolo, but it didn't start to catch on until the late 1900s, when consumers began to explore frozen yogurt and other non-ice-cream frozen desserts.

But it's far more than just dessert: Gelato can be enjoyed atop a breakfast pastry (*brioche con gelato*) or drowned in a shot of espresso (*affogato*). You can even find savory varieties such as red wine, olive oil or tomato with basil. But those are far less surprising than this creative canape on Toronto's Michelin-starred Don Alfonso 1890's tasting menu: eel-infused gelato served with wild rose tagliatelle, herbs and caviar.

True devotees can even attend Gelato University in Bologna, Italy (yes, really!), where you'll learn the details of true gelato, how to create your own variations, and how to open and run a gelato shop, if that's your dream.

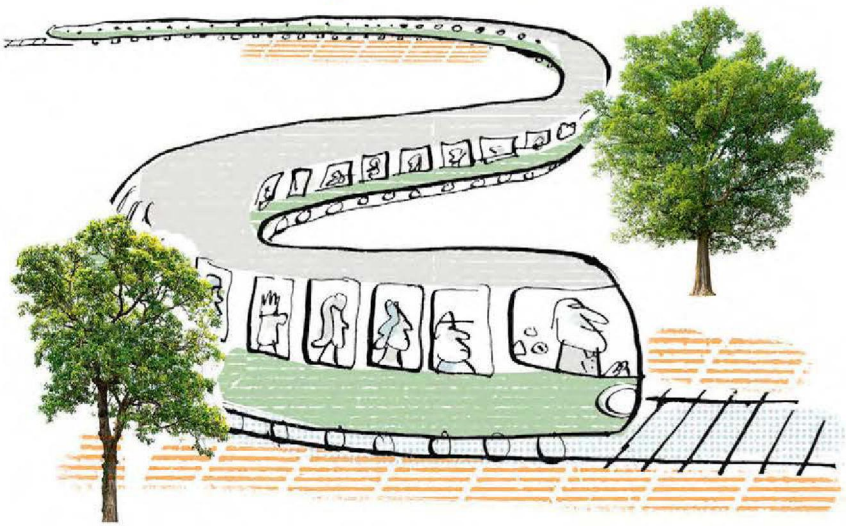
But most of us will be satisfied just enjoying the sweet stuff on a warm day. Dressed up with pieces of fruit, nuts or sprinkles, or served straight, gelato is one of the hottest commodities on the frozen treat market. R

TMB STUDIO

ILLUSTRATION BY *Ed Fotheringham*



13 THINGS



Keeping Track of Train Travel

BY *Samantha Rideout*

1 YOU MIGHT consider taking the train for your summer getaway. After all, you'll see only clouds at 35,000 feet—if you're lucky. The United States has the world's largest rail network at nearly 140,000 miles of track, with lines that go to many national parks or even cross-country.

2 EUROPEANS BUILT the earliest rails in mines in the 16th century, with men or horses providing the power. The first steam engine operated in Wales in 1804. Perhaps this is why the Brits are loco for locomotives: In the U.K., at least 20 magazines are published about them.

ILLUSTRATION BY *Serge Bloch*

3 TODAY'S FASTEST trains travel close to 200 mph. Sometimes called bullet trains (most famous among them Japan's Shinkansen lines), many run on electricity. But the fastest of them all, the Shanghai Maglev in China, uses the attraction and repulsion forces of magnets to shoot forward, racing as fast as 285 mph. The fastest American train, the Acela, hits 150 mph in Connecticut and Rhode Island.

4 TRAVELING BY high-speed rail can actually be quicker than taking a plane—if you account for time spent at the airport. Train stations tend to be centrally located, while airports often lie outside of city centers. Another plus: Rail travel is typically greener than going by air. The train ride from London to Madrid, for example, emits 95 pounds of carbon dioxide per passenger, compared to 260 pounds for the same trip by plane.

5 THE ORIENT Express—the setting of the best-selling Agatha Christie mystery—is a real route, and among the most luxurious, featuring marble bathrooms and a live pianist in the bar car. But it'll cost you: The five-night Paris-to-Istanbul trip starts at $23,000.

6 BUT THERE are cheaper famous railroads. Take the Pennsylvania, which, along with Reading, B&O and Short Line, will each cost $200 in Monopoly money. In the more recent Ticket to Ride, players link cities by rail and earn points based on the length of their routes.

7 ONE OF the longest real-life routes is the Trans-Siberian Railway. Even express trains take nearly a week to wind through more than 5,700 miles between Moscow and Vladivostok in Russia, passing through eight time zones along the way. Once a week, a single rail car from North Korea connects to Vladivostok, making Pyongyang to Moscow the longest rail trip you can take without switching trains.

8 "SLOW TV," or relaxing video that plays out over the same amount of time as the event it portrays, is full of footage of train trips using cameras fixed to the front cars. The genre's first foray, a 2009 ride from Oslo to Bergen in Norway, has spun several spin-offs you can watch on Prime Video, Pluto TV and YouTube. Stream the view from one of Chicago's elevated trains or feast your eyes on the fjords along Norway's Nordland line without leaving home.

9 GHOST TRAINS give a spookier rail experience. One of the world's many purported phantom

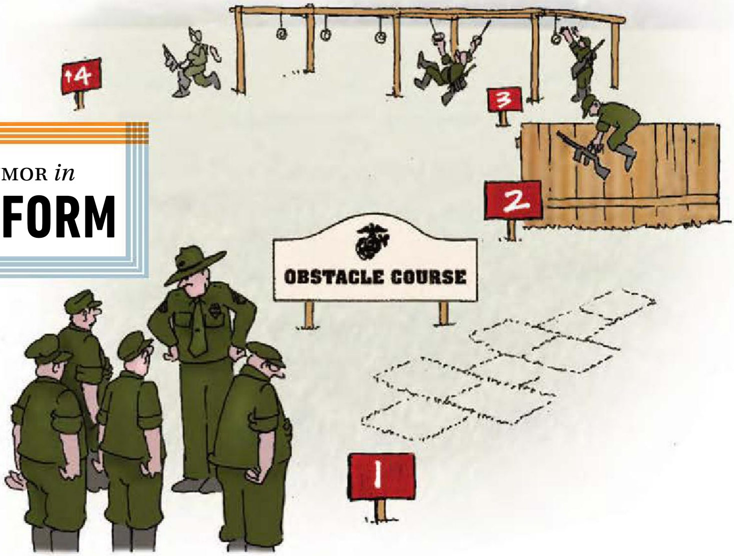
locomotives follows the same route as the train that carried the body of Abraham Lincoln from Washington, D.C., back to his home in Springfield, Illinois, in 1865. An article from 1879 in New York's *Rockland County Journal* reads, "The shriek of its whistle and clang of its bell strike terror to the hearts of those that hear them." The term "ghost train" also describes British trains that run infrequently at odd hours, and often without passengers aboard. It's easier for their operators to run them at a minimum than to cut the lines.

10 A STAPLE of old Western movies, railway holdups were common in the 1870s and peaked in the 1890s. Sometimes they even inspired the cinematic versions. *The Great Train Robbery*, released in 1903, echoed an actual event from four years earlier, when Butch Cassidy and his crew of bandits struck a Union Pacific train, using dynamite to blow open its safe before escaping on horseback.

11 MANY NATIONS involved in World War I relied on railways to move troops, supplies and other essentials. France, for example, transported around 1 million men and 400,000 horses to the front by rail during the first two weeks alone. Some of Great Britain's trains functioned as ambulances with cars converted into operating rooms where surgeons performed procedures in transit—despite the bumping and swaying!

12 BETWEEN THE 1920s and '60s, Canada used trains as mobile schoolhouses that traveled between remote communities in northern Ontario. Children would walk, snowshoe, ski or canoe to the train stop, then settle in for five days of intensive studying. They'd then get homework to do during the six weeks that would pass before the train's return. Other trains that came through these areas had fully equipped dentist cars.

13 AMERICAN RAIL, while lagging by European and Asian standards, is receiving a $102 billion investment from the government, the largest since Amtrak's debut in 1971. Modernizing and expanding national high-speed rail is among the Department of Transportation's top priorities. Meanwhile, private companies are dabbling with the hyperloop, a train that travels through a tube where there's no air resistance to slow it down. The concept works on paper but has proved difficult to make comfortable and cost-effective. Still, U.S. rail passengers have much to look forward to. R



HUMOR *in* UNIFORM

At a staff briefing in Korea, a pilot told us about a flight he made through a mountain pass during a storm. It was so bad that he was forced to turn back. "Gentlemen," he said, still shaken, "it's better to be down here on the ground wishing you were up there than to be up there wishing you were down here."

The chaplain disagreed: "Maybe in your line of work, Captain, but not mine."

—BERNARD JONES
Columbus, GA

Should you join the Navy fighter pilot training school known as Top Gun, do not quote from the eponymous movie. Former Top Gun instructor Guy "Bus" Snodgrass told Business Insider that those ignoring this warning will be fined $5 by instructors.

We're an Army family, so it was a surprise when our 8-year-old declared that he wanted to join the Marines when he grew up because "they have the coolest song." He then went on to sing his version of it:

"From the halls of
bazoo-ooka
To the shores of
naval sea.
We're proud to
claim the title
Of United States
Maureen."

—T. WOOD,
via United Through Reading

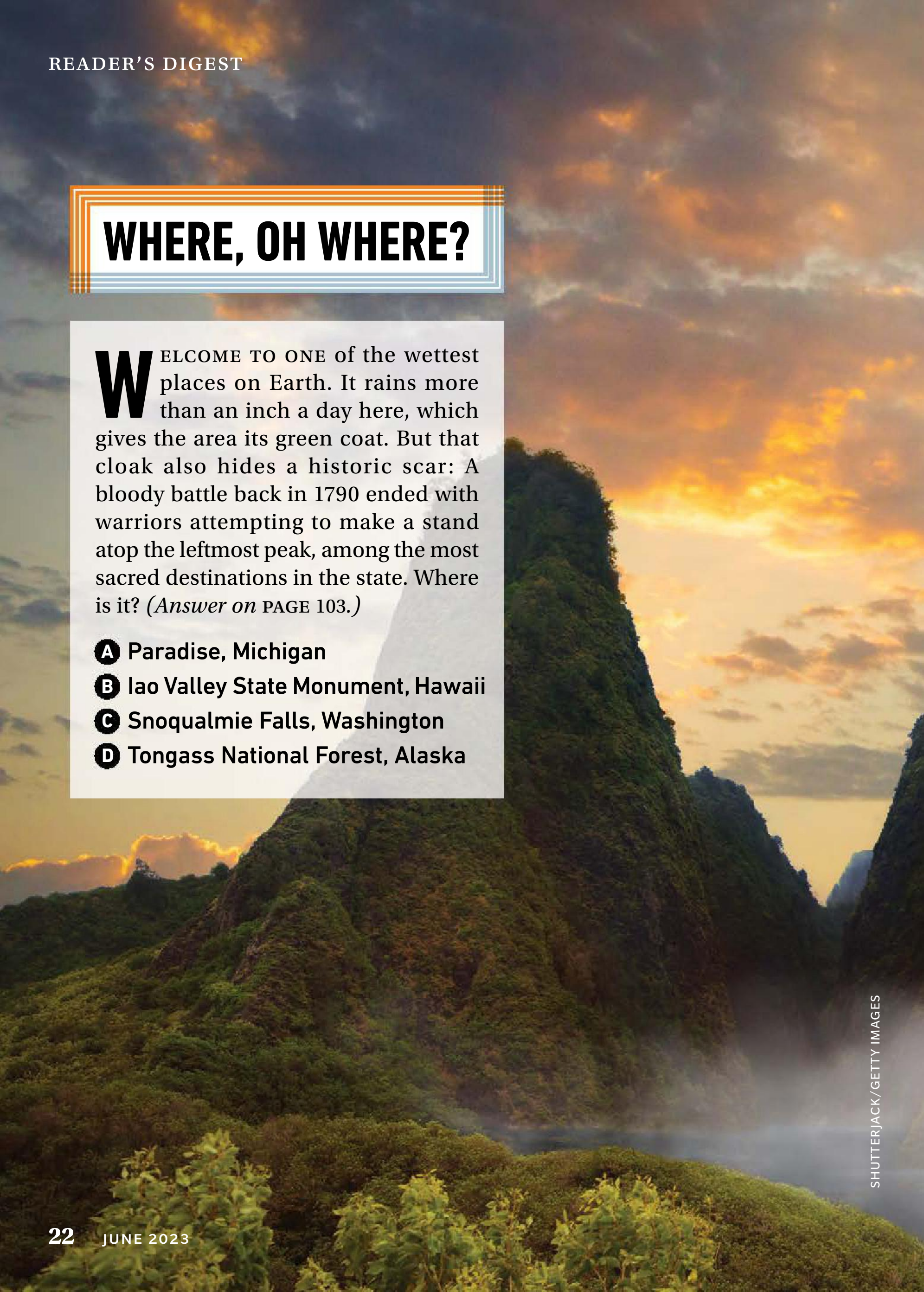
YOUR FUNNY MILITARY *story could be worth $$$. For details, go to* **RD.COM/SUBMIT.**

CARTOON BY *Roy Delgado/CartoonStock.com*

WHERE, OH WHERE?

WELCOME TO ONE of the wettest places on Earth. It rains more than an inch a day here, which gives the area its green coat. But that cloak also hides a historic scar: A bloody battle back in 1790 ended with warriors attempting to make a stand atop the leftmost peak, among the most sacred destinations in the state. Where is it? *(Answer on* PAGE 103.*)*

- **A** Paradise, Michigan
- **B** Iao Valley State Monument, Hawaii
- **C** Snoqualmie Falls, Washington
- **D** Tongass National Forest, Alaska



SHUTTERJACK/GETTY IMAGES



ALL
in a Day's
WORK

My wife was teaching our 4-year-old the importance of earning money by paying him to perform chores around the house. The first week, when he was finished, she gave him a crisp $1 bill. The following week, she presented him with another dollar bill, but he pushed it away. "No, thanks," he said. "I already have one of those."

—PHILLIP BROWN
Toano, VA

For no reason, I just thought of the time a guy I was dating got hired to dog-sit for a well-known filmmaker. My then-BF took me along with him once, and I was surprised that the apartment was super nice but also relatively normal. Then we found out it was the dog's apartment.

—@MELISSAPETRO



"Toilet or Tap?"

"I like work. It fascinates me. I can sit and look at it for hours."

—JEROME K. JEROME, *author, from* Three Men in a Boat

"Uh ... How am I supposed to answer that?" Actual interview questions meant to stump:

- Why is it OK to eat chicken, but not cat?
- Have you ever seen a ghost?
- Do you think I'm ugly?
- If you were starving to death on a desert island, would you eat a human being?
- How would you hide a dead body?

—COBURGBANKS.CO.UK

My 86-year-old father was trudging up the stairs carrying rolls of toilet paper to each of

"Sculpture is something you bump into when you back up to look at a painting."

—ADOLPH "AD" REINHARDT, *painter*

VAUGHAN TOMLINSON

the three bathrooms in his house. As I passed him, I heard him mutter, "My first job was delivering papers too."
—TERESA HALL
Santa Rosa, CA

Scene: Customer walks into our hair salon insisting she has an appointment ...
Me: Sorry, but I can't find your appointment here. Are you sure it was today?
Customer: Of course! I demand you give me an appointment now!
Me: I can't find you on the system.
Customer: I booked an appointment a long time ago. Give me an appointment now!
Me: Maybe I can fit you in between two other clients. What were you going to have done?
Customer: I was going to get my eyes checked and get new glasses.
Me: Ma'am, the optician is next door.
Customer: Oh ...
—NOTALWAYSRIGHT.COM

After retiring from UPS as a delivery driver, my friend took a part-time job driving a school bus. When I asked how the new job was going, he replied enthusiastically, "Great! The packages unload themselves."
—GEORGE DENOFRE
Chassell, MI

YOUR FUNNY WORK *story could be worth $$$. For details, go to page 2 or* **RD.COM/SUBMIT.**

DEDICATED TO THE ONE I LOVE

For many writers, plot and dialogue are a cinch compared to writing the dedication and acknowledgments pages. Nevertheless, here are a few gems:

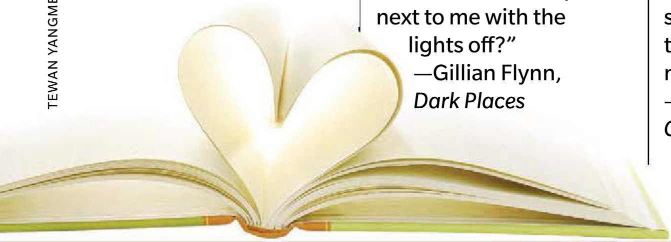
"To my wife Marganit and my children Ella Rose and Daniel Adam, without whom this book would have been completed two years earlier."
—Joseph J. Rotman,
An Introduction to Algebraic Topology

"My first stepfather used to say that what I didn't know would fill a book. Well, here it is."
—Tobias Wolff,
This Boy's Life

"What can I say about a man who knows how I think and still sleeps next to me with the lights off?"
—Gillian Flynn,
Dark Places

"To Charles Manson (not that one)"
—Norm Macdonald,
Based on a True Story: Not a Memoir

"This book is dedicated to my father, Joseph Hill Evans, with love. Actually, Dad doesn't read fiction, so if someone doesn't tell him about this, he'll never know."
—Tad Williams,
Otherland, Vol I



TEWAN YANGMEE/EYEEM/GETTY IMAGES







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*compared to ordinary eggs



The
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Drink Up!

Hydrating beverages that aren't water

BY *Anna-Kaisa Walker*
ILLUSTRATIONS BY *Kate Traynor*

WATER KEEPS OUR basic bodily functions running: blood circulation, temperature regulation through sweating, digestion and so much more.

Our bodies are about 60% water and if we don't get enough to drink, dehydration—defined as a body-water loss of at least 1% to 2% of your weight—can cause dizziness, fatigue and headaches.

An easy way to gauge your hydration levels is by the color of your urine and how often you pee (ideally more than four times per day).

"It doesn't need to be clear all the time, but it should be light like lemonade, not dark like apple juice," says

Isabel Maples, a Washington, D.C.–based registered dietitian and spokesperson for the Academy of Nutrition and Dietetics. "Keep in mind that some medications and supplements can also affect urine color."

So how much water do we need to drink each day? The eight-glasses guideline is decades old, but experts say current research isn't so rigid but instead supports paying attention to your individual needs—which can vary from day to day, according to Maples.

Generally, the average sedentary adult male requires about 13 cups of fluids a day, while the average female needs just over 8 cups. On some days, though—when it's hot or you're working out or taking certain medications such as antihistamines—you may need more.

If those recommendations sound like way too much water for your taste, don't worry. You don't have to drink that much, and it doesn't have to be all water. Actually, we eat an estimated 20% of our fluids (foods such as fresh fruits and vegetables have a high water content). For the rest, you can supplement plain water with these drinks:

COFFEE That's right, coffee. Caffeinated drinks do have mild diuretic properties, but there's no evidence that they lead to dehydration. Sure, they'll make you urinate more, "but the fluid intake offsets that loss," says Drew Hemler, a Toronto-based registered dietitian.

A 2014 U.K. study published in the journal *PLOS One* measured the body water of subjects in two groups: one that drank 3½ cups of coffee a day and the other an equal amount of water. After controlling for food intake and exercise, researchers found no significant difference in hydration levels.

"There is no reason that caffeinated beverages can't count toward your daily fluid totals," says Maples. Try to limit yourself to 3 or 4 cups max, though, to stay within healthy limits.

TEA Both black and green tea have about the same hydration benefits as coffee, with the added boost of heart-protecting antioxidants. Soothing brews like chamomile or mint are caffeine- and calorie-free, and their taste may encourage you to drink more.

"Hibiscus tea, in particular, is packed with antioxidants and flavonoids," says Hemler, because of the anti-inflammatory pigment molecules that give hibiscus its bright red color.

MILK In a 2015 study published in the *American Journal of Clinical Nutrition,* British researchers found that cows' milk, both full-fat and skim, is more hydrating than plain water. That's because it takes longer to digest than water, allowing the body to absorb more fluids. In the study, people who drank milk produced less urine over four hours than those who drank an equal amount of other fluids, and showed higher hydration levels in their blood. Milk also supplies three nutrients that most of us need more of: potassium, vitamin D and calcium.

PLANT MILKS The nutritional profiles of nondairy milk options (soy, almond,

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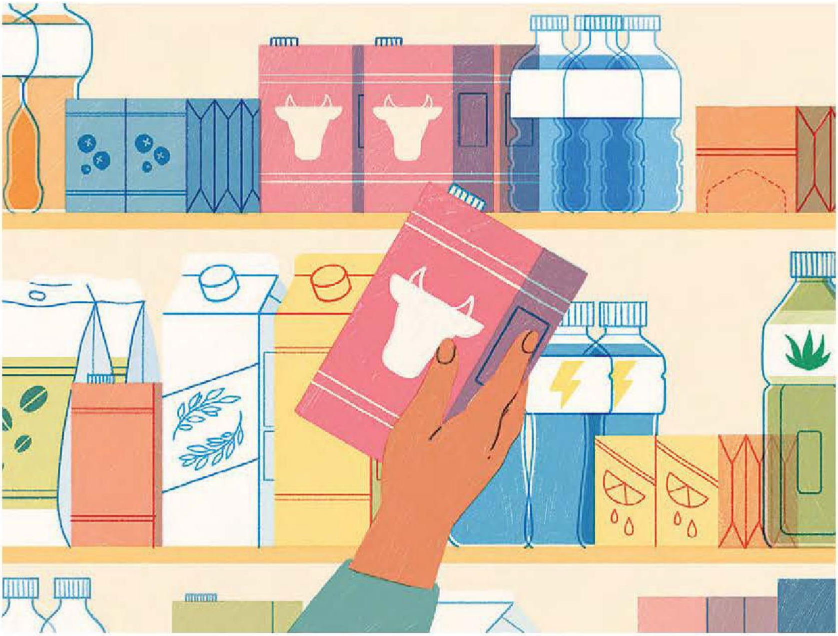
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oat and coconut beverages are top sellers) vary. But most are low-calorie, low-cholesterol and more environmentally sustainable alternatives to dairy.

"Some plant milks are fortified with calcium and vitamins A, D and B12, as well as other nutrients commonly added to cows' milk," says Hemler. "However, they fall short on protein." Only soy milk comes close, at 6 grams per cup, compared to 8 grams for cows' milk.

Plant milks are high in water—almond milk is 97% water, while cows' milk is 87% to 90%—but because they lack dairy's protein and carbohydrates, they pass through the digestive system faster, putting them roughly on par with water for hydration.

SPORTS DRINKS Available in fun colors and fruity flavors, sports drinks are advertised as being more hydrating than water. But that's because people tend to drink more of something that tastes good, says Hemler.

"If you're trying to lose weight, be aware that these drinks can also increase your total carbohydrates and calories," he says. A 20-ounce bottle contains up to 35 grams, or 8 teaspoons, of sugar, but there are low- or no-sugar options.

Sports drinks do supply electrolytes—minerals that support hydration



This experience could be cut short by respiratory syncytial virus, or RSV.

RSV could interrupt the things you want to do most.

- RSV is a contagious virus that usually causes mild symptoms but can severely affect the lungs and respiratory airways in older adults
- Adults at highest risk for severe RSV infections that may lead to hospitalizations include older adults, especially those aged 60 and older
- Adults with certain underlying conditions like asthma, chronic obstructive pulmonary disease (COPD), and congestive heart failure (CHF) are among those adults at highest risk of severe infection from RSV

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Learn more by talking with your doctor and visiting
RSVandMe.com

and muscle function—and can help your body recover from intense exercise lasting more than an hour. An electrolyte-enriched drink can also help rehydrate you after an episode of severe diarrhea or vomiting.

JUICE Fruit and vegetable juices with no added sugar are an excellent source of vitamins, minerals and antioxidants, which can reduce inflammation and help prevent age-related diseases. Natural sugars, such as fructose and lactose, digest more slowly than processed sugar, helping to stabilize your metabolism. Orange juice is slightly more hydrating than water, according to a 2015 British study.

COCONUT WATER CONTAINS MORE POTASSIUM THAN A BANANA.

COCONUT WATER Technically a fruit juice, this clear, slightly sweet liquid is another source of electrolytes, namely sodium, magnesium and potassium. In fact, 1 cup contains more potassium than a banana. Coconut water is marketed as a natural exercise-recovery drink, but a 2012 study published in the *Journal of the International Society of Sports Nutrition* found no significant hydration difference among coconut water, sports drinks and water. If you like something sweeter than water but are watching your calories and carbs, coconut water is a healthier option than some sports drinks, at 45 to 60 calories and 6 grams of sugar per cup.

ALOE VERA The gel of the aloe plant is well known as a skin salve for its moisturizing and burn-soothing properties, but it can also be mixed with water to make a refreshing, hydrating drink. Aloe is rich in polyphenols, a type of antioxidant, and research from a 2016 study published in the journal *Nutrients* suggests it may even help control blood sugar, which is important for people with diabetes. You could make your own, but it's best to buy bottled aloe juice; the sticky latex inside the aloe leaf can cause stomach upset if not carefully removed.

BONE BROTH Made by simmering chicken or beef bones and cartilage with vegetables for a minimum of 12 hours, bone broth has become trendy as a comforting drink with anti-inflammatory properties, thanks to the amino acids derived from collagen. With its added salt, it can also replenish electrolytes, as sodium helps the body retain fluids. Too much sodium, however, can put extra pressure on your blood vessels, making your heart work harder.

"Your recommended limit for sodium intake is 2,300 milligrams a day, and 2 cups of bone broth can contain a quarter of that," says Hemler. If you buy bone broth, low-sodium versions are best, or you can make your own and reduce or skip the salt. R



Seeing Blue

BY *Diane Peters*

THE SALES PITCHES tempt: Blue-light-blocking glasses are supposed to protect eyes from the effects of short-wavelength light emitting from our smartphones, computer screens and LED lights. Given how much time we spend on our devices, this sounds like a smart investment, right? After all, eye strain is a real issue and can lead to poor sleep and even cataracts and macular degeneration. The glasses can cost $15 all the way up to several hundred dollars. But do they work?

Elizabeth Esparaz, an ophthalmologist based in Cleveland, Ohio, says the science that manufacturers share as they promote these glasses can be confusing. For starters, blue light is not just about tech devices, and it's not always bad. "The sun emits a much higher intensity of blue light than human-made devices, of course, and it's actually beneficial," says Dr. Esparaz. It helps our mood, alertness and sleep-wake cycle.

The problem is blue light at night: It suppresses the release of melatonin. "Melatonin helps regulate our circadian rhythms and makes us sleepy," says Dr. Esparaz.

So, in theory, wearing blue-light-blocking glasses should help people who watch movies in bed or read from a tablet at night avoid sleeplessness. A 2021 review study from the University of Oklahoma that looked at 24 previous studies found that people affected by sleep disorders, jet lag and shift work fell asleep faster after using these glasses.

As for eye strain, a 2021 Australian study showed that those wearing the glasses did not experience less eye strain than those using clear glasses. And a 2018 review study, also by Australian researchers, found insufficient evidence that they prevent macular degeneration.

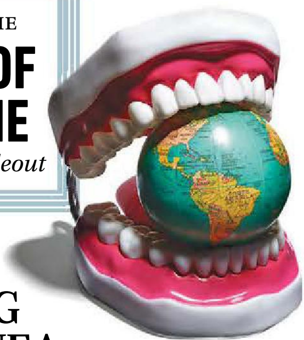
"These glasses aren't going to be harmful," says Dr. Esparaz. But, she adds, a lack of standardization in the industry means there's no way to know if one pair is better than another.

A more reliable solution: Turn on the blue-light-filtering function on your devices and limit screen time before bed. To help with eye strain, Dr. Esparaz suggests taking breaks and using lubricating eye drops. R

News FROM THE

WORLD OF MEDICINE

BY *Samantha Rideout*



REVERSING SLEEP APNEA

Roughly 1 billion of the world's adults live with obstructive sleep apnea. This common disorder contributes to problems ranging from daytime fatigue and irritability to heart disease. The go-to treatment, a continuous positive airway pressure (CPAP) machine, controls sleep apnea by delivering pressurized air through a mask while the person sleeps. However, the machine doesn't address the underlying causes, which are often lifestyle related. Researchers in Spain recruited sleep apnea patients and helped half of them adopt healthier habits: to eat and sleep better, exercise more, and smoke and drink less. Six months later, that group's sleep apnea improved more, on average, compared to the people who made no lifestyle changes. More than 60% of patients no longer needed a CPAP machine.

When Breast-Cancer Surgery Is Not Needed

Patients with breast cancer who respond well to chemotherapy may now be able to skip surgery altogether. Improvements made to chemo drugs have rendered them so effective that they can sometimes eradicate the cancer all on their own. For instance, in a Texas-based trial, 31 out of 50 women with early-stage HER2-positive or triple-negative tumors had no signs of cancer after being treated with chemotherapy. So instead of an operating room, these patients proceeded to radiotherapy—and after two years, none of them saw their cancers return. Larger trials will be needed to confirm this course of action, but this small study suggests that skipping surgery is feasible more often than previously thought.

PHOTOGRAPH BY THE VOORHES



Are You Allergic to Your Phone?

When investigators in Massachusetts and Iowa took a close look at the phones of study volunteers, they uncovered some eye-watering evidence of possible allergens. Researchers found dog and cat dander, as well as mold, and endotoxins, which are powerful inflammatory agents. Their analysis was published in *Annals of Allergy, Asthma and Immunology*. To prevent your phone from triggering reactions such as wheezing or sneezing, clean it frequently, especially if you have allergies or asthma. Follow manufacturers' instructions and gently wipe the exterior with a household disinfecting wipe or one containing 70% isopropyl alcohol.

A Blood Test for Alzheimer's

When someone has cognitive issues, a doctor might order a PET scan or spinal tap to look for a buildup of a protein called beta-amyloid in the brain, which is one sign of Alzheimer's disease. However, a recent international study published in *Neurology* confirms that a newer method, measuring the amount of beta-amyloid in the blood, is almost as accurate. It's also faster, less expensive and radiation-free. This test is now available in the U.S. and Europe, but it isn't yet covered by most health plans. That might change, so ask your doctor about it if you or a loved one are discussing options.

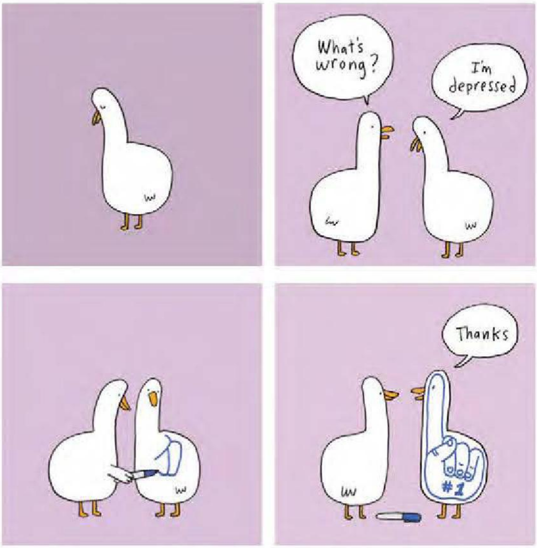
To Stave Off Hunger, Eat More Protein

If you're feeling hungry even though you just ate, a lack of protein might be the reason. This source of energy should make up 15% to 25% of the calories we take in, but popular processed foods and convenience fare don't tend to contain much. It's especially important to make protein part of your breakfast. In a recent study from the University of Sydney in Australia, participants who got less than the recommended proportion of their energy from protein in their morning meal went on to eat more food throughout the day.



MAGNETCREATIVE/GETTY IMAGES (TISSUE BOX), FOTOGRAZIA/GETTY IMAGES (PHONE), TEERAMET THANOMKIAT/EYEEM/GETTY IMAGES (WOMAN). JIM WIELAND/TMB STUDIO (FOOD)

LAUGHTER
THE BEST *Medicine*



A banker and his friend are fishing when their boat hits a rock and sinks. The banker panics, screaming, "I can't swim!"

His friend wraps an arm around him and tows him toward shore. But after 20 minutes, he becomes weary and asks, "Do you think you could float alone?"

The banker shouts, "This is no time to ask that!"

—Submitted by
JEFF ACKLES
Edmonds, WA

After his jewelry store was robbed five times in two weeks by the same thief, the police asked the owner if he could give a description of the robber.

"Yes," said the owner. "He was dressed a little better each time he robbed the store."

—Submitted by
DAVIS SINGLETARY
Knoxville, TN

Hello. All of the actors from *Friends* are now older than the youngest Golden Girl was in the show's first season. Have a nice day.

—@ELIMCCANN

With sales down at KFC, Colonel Sanders calls the pope to ask for a favor. "Holy Father, I need you to change the daily prayer from 'Give us this day our daily bread' to 'Give us this day our daily chicken.' If you do that, I will donate $10 million to the Vatican."

The pope replies, "That is the Lord's Prayer. I can't change it."

"How about $50 million?"

"No."

"$100 million?"

JIM BENTON

"I'll get back to you."

The next day, the pope calls together his bishops. "I have good news and bad news," he says. "The good news is that KFC is donating $100 million to the Vatican. The bad news is, we have to give up the Wonder Bread account."

—PLANET PROCTOR NEWSLETTER

The Merriam-Webster dictionary produces a word of the day, and the folks at Fark helpfully show us how to use it in a sentence:

✦ **M-W word of the day:** gainsay
Helpful Fark: "I'm going to eat way too much over the holidays and gainsay 5 to 10 pounds."

✦ **M-W word:** abandon
Helpful Fark: "Paul McCartney and Wings' biggest hit was abandon the run."

✦ **M-W word:** countenance
Helpful Fark: "We were curious how many insects were in the colony, so we spent the whole day countenance."

When asked by the *New York Times Book Review* which writer he'd invite to a dinner party, John Cleese answered, "Mark Twain ... because he said, 'Wagner's music is much better than it sounds,' which I think is the greatest joke ever made."

Two mafia hit men are walking in the woods at night. One turns to the other and says, "It's really dark in here. I'm scared."

"You're scared?" says the other mobster. "I have to walk out of here alone."

—*Submitted by* ROBERT LOVE
Blowing Rock, NC

GOT A FUNNY JOKE?
It could be worth $$$. For details, go to RD.COM/SUBMIT.

SARTORIAL SPLENDOR

If it's true that clothes make the man, then artist Helga Stentzel proves they also make the animal.



—@HELGA.STENTZEL

COURTESY HELGASTENTZEL.COM





STAY SAFE FROM SCAMS!

Smart ways to foil fraudsters looking to steal your money, your identity and your sense of security

BY *Marc Saltzman*

PHOTOGRAPHS BY *C.J. Burton*

I'M AN AVID MOVIE STREAMER,

so it's not unusual for me to receive emails from Netflix about new things to watch. So a new message about updating my account info didn't seem out of place, especially since the email contained the familiar red Netflix logo. Here's what the email said:

We were unable to validate your billing information for the next billing cycle of your subscription therefore we'll suspend your membership if we do not receive a response from you within 48hours.

Obviously we'd love to have you back, simply click restart your membership to update your details and continue to enjoy all the best TV shows & movies without interruption.

We're here to help if you need it. Visit the Help Center for more info.

—The Netflix Team

But on closer inspection, the tone seemed a bit off (why so urgent?) and I noticed a typo ("48hours"), so I promptly deleted the message without clicking any of the links, then blocked the sender and went about my day.

I had been scammed—or rather, someone had attempted to scam me. This is a common con, engineered to trick people into providing their credit card or debit card number, bank account details and Netflix password.

THROUGH EMAIL, TEXT MESSAGES and social media requests (often with questionable grammar and spelling) and old-fashioned phone calls, cybercriminals are doing everything in their power to deceive and defraud. All around the world, people are falling victim to data breaches, viruses and ransomware—when you're locked out of your computer unless you pay to regain access to your files.

Cybercrime attacks often originate in China, Russia, India and parts of Africa (Nigerian prince, anyone?). That's because it can be difficult to find and charge perpetrators in those places. But the attacks can come from anywhere.

Cybersecurity experts at Symantec, a security technology firm, say the United States experiences the most cybercrime of any country in the world. The FBI's Internet Crime Complaint Center (IC3) tracked $27.6 billion in losses between 2018 and 2022.

Older adults are particularly at risk. In 2021 alone, these scams cheated Americans older than 50 out of nearly $3 billion. This is a 62% increase from the prior year and almost half the total losses reported in 2021, according to the IC3's Elder Fraud Report. In fact,

the true number of victims could be much higher, in part because many are seniors who may not know how to report cyberfraud, or may not be aware that they have been scammed at all.

Although seniors are often the victims, more members of Generation Z (born after 1996) are falling for phone and online scams. The number of online scam victims ages 20 and younger in the United States increased 156% between 2017 and 2020, according to IC3 data.

"While the elderly are a known target group, we're also seeing fraudsters focus on the younger generation—children ages 14 through 18 who have just opened bank accounts and are tricked into giving out banking credentials on platforms like Snapchat," says Natalie Kelly, a chief risk officer at Visa. According to figures from the U.S. Federal Trade Commission, 44% of people in their 20s have reported losing money to fraud.

GLOBAL CYBERCRIME IS EXPECTED TO BALLOON TO $10.5 TRILLION BY 2025.

According to *Cybercrime* magazine, global cybercrime is expected to balloon to $10.5 trillion annually by 2025, more than three times the $3 trillion stolen by scammers in 2015. Here's another way to put the magnitude of these monetary losses in perspective: If cybercrime were measured as a country, it would be the world's third-largest economy, after the United States and China and ahead of Japan, Germany, the U.K., India, France, Italy and Canada.

Many cybersecurity experts cite the pandemic as a catalyst for the increase in cybercrime. When much of the world was forced to work from home, often without the same security protocols they had at the office, it became more likely that computer viruses would be let in, says Vishnu Varadaraj, a senior director at McAfee, a software security company.

The number of ways that cybercriminals can take advantage of us has increased too, Varadaraj says, as more and more we're using devices to access apps and online accounts for things such as banking, shopping and social media.

THE LATEST THREATS

Here's the scoop on the most widespread cybercrimes that could directly affect you and your loved ones.

PHISHING AND SMISHING

Authentic-looking emails like the one that I received from "Netflix" are often referred to as phishing—attempting to lure you to a phony website to input your information. When these warnings come via text message, experts refer to it as smishing (short for SMS phishing).

An email could have a logo that resembles that of your bank or your credit card company, with a message saying that someone is trying to access your account and that you need to log in immediately and change your password. But if you click the link, it will take you to a fake website, and your password and private financial information will go to the fraudsters. Now they have access to your money and can withdraw funds from your account or rack up charges on your credit card—and you might even be locked out because the criminals can now change your password.

FRAUDSTERS MAY CLAIM THEY'RE WITH THE IRS, USING FAKE BADGE NUMBERS.

Cryptocurrency and other electronic forms of payment, including gift-card codes and money orders, are popular among cybercriminals because they require no in-person interaction, are difficult to trace and can be accessed around the world. In 2022, one cybercrime victim (who prefers to remain nameless) was swindled by a fraudster who sent an email that appeared to be from PayPal. The victim was duped into sharing financial details, which were then used to purchase more than $36,000 in bitcoin.

Remember this: No reputable company or government agency will ever email you to urgently confirm your identity by filling out forms. To protect yourself from phishing and smishing attacks, never click on links or attachments asking you to confirm your personal or payment information. When in doubt, contact the company or organization—always by using the phone number or website located on your credit card or bank statement, or one that you look up yourself.

VISHING

Some fraudsters use those same tactics but over the phone. Don't trust anyone who phones to tell you they're from a bank, your internet service provider or a "tech support" department—even if you recognize the number. Phone numbers can be easily spoofed, using computer programs that let scammers choose the number they want to pop up on your phone.

Fraudsters may even claim they're with the Internal Revenue Service, using fake names and badge numbers, and may demand you pay fake tax bills or face arrest or other legal action.

"This voice phishing, or vishing, scam can be very convincing and threatening," says Theresa Payton, a cybersecurity expert who served as White House chief information officer from 2006 to 2008.

A popular phone scam goes something like this: "Hello, I'm calling from Microsoft. We've had a report from





your internet service provider of virus problems from your computer. Can I help?"

The caller will tell you that the problem is serious and that you could be without internet access if the issue isn't resolved. If you agree, the caller will instruct you to allow remote access to your computer, enabling the fraudster to collect your data, either right then and there or by installing hidden software that can relay information later.

Phone-related scams cost Americans $39.5 billion between March 2021 and March 2022, according to the latest report from Truecaller, an app that identifies and blocks spam calls and texts. This is the highest amount recorded since the annual report was first issued in 2014, in partnership with The Harris Poll. According to the study, one in three Americans report having fallen victim to a phone scam, and one in five were swindled on more than one occasion.

"There are certain things your bank or the government will never do, and that's call, email or text you and say you're going to be fined or arrested if you don't do this or that," says Payton.

SPECIAL OCCASION SCAMS

While fraud happens year-round, scammers often tie their appeals to something timely. In the beginning of the year, watch out for Valentine's Day scams, with such enticements as "Click here to join the best dating site for singles over 50." Around tax season, you might receive a message saying "You're eligible for a refund."

Other timely appeals might refer to war and natural disaster collections, such as phony charities seeking donations over social media to help people in Ukraine. Instead of helping the promised victims, these funds go straight into the thieves' pockets.

CRIMINALS SAID THAT IF HE DIDN'T SEND $2,900, THEY'D ATTACK HIS ACCOUNTS.

Cybercriminals take advantage of people in times of economic uncertainty too. Last year, Facebook users may have seen posts from a group called Southwest Air Fans claiming to give away a pair of airline tickets if they clicked on a link to enter a sweepstakes. The perpetrators stole the personal information of people who entered, which led to identity theft.

"We're seeing a lot more fraudsters focusing on 'cost of living' scams such as fake giveaways, discounts and energy tax rebates," says Kelly.

RANSOM EMAILS

Bob Lotich, a Franklin, Tennessee, educator and personal-finance expert, got an email saying his passwords would be held for ransom if he didn't pay up.

"The password that I had used on hundreds of sites was sitting there right

in the subject line," Lotich wrote on his blog, SeedTime. "The email explained that they not only had my password but had hacked into my webcam."

The criminals said that if he didn't send $2,900 in bitcoin in the next 24 hours, they would attack his accounts. The password was an old one, so Lotich checked all his current accounts to ensure that they had two-factor authentication and different passwords. They did, so he didn't respond to the email or pay up, and the threat turned out to be an empty one.

GRANDPARENT SCAMS

Scammers love to target older people because they pay so well. Disturbing data published by cybersecurity company Comparitech shows that while the average loss per incident from those in their 20s was $324, that figure jumped to $426 for victims in their 60s, $635 for those in their 70s and $1,300 for those in their 80s.

Many seniors are hit by fraudsters who send a text message or direct message over social media while posing as a grandchild asking for money to help with a medical emergency or a travel problem, or to buy textbooks. The scammers glean personal details from Facebook or Instagram photos, allowing them to craft a believable message. The caller's phone number looks familiar, so people are more likely to answer.

In fact, sometimes scammers will try to sound like the person they're impersonating, using videos from social media as a source, or they'll explain why their voice is a little different (they're upset, or have a bad connection). Advanced fraudsters may even employ convincing "deep fake" technology to make their voice sound just like a relative's.

The "grandchild" may plead with the grandparent to not tell anyone because they're embarrassed or scared. Wanting to help, the victims send money via wire transfer to the scammer.

In March 2022, an 81-year-old man in Ontario fell for a grandparent scam. The "grandchild" said he had been pulled over by police and needed money for the fine. The grandfather paid. Then came a second call, supposedly from a Royal Canadian Mounted Police officer, who validated the "grandson's" story and said more money was needed. The grandfather made four payments over three months, and lost more than $70,000.

If you get a message like this from a loved one, call your relative directly to ask if they really are in trouble. And warn any seniors you know.

ROMANCE AND CATFISHING SCAMS

Catfishing is when someone pretends to be someone they're not. Fraudsters may use a phony name and photo to court someone online, usually over social media or a dating app, with the goal of making the victim fall in love with them so they can ask for money.

Rebecca D'Antonio of Orlando, Florida, says she was cheated out of more

than $100,000 by a man she met on a dating site. “Matthew” said he was a widower and a single dad. The pair emailed and texted for months. D’Antonio thought they were getting to know each other. She was sympathetic when “Matthew” said his credit cards stopped working during a trip abroad, and when he said he needed help paying some medical bills. She sent him money via wire transfers over the course of a year, until, on the verge of bankruptcy, she finally confronted him and he disappeared.

REDUCING YOUR RISK

All this might make you want to unplug and go back to the pre-digital age. Fortunately, credit card issuers and other companies, as well as government agencies, are on the case.

Worldwide, Visa has invested $9 billion in fraud prevention and cybersecurity over the past five years, including $500 million for artificial intelligence, machine learning and data infrastructure. This helps Visa monitor for suspicious activity on your account in real time, utilizing more



than 500 "risk attributes" (clues) that may indicate fraud. In doing so, its experts can identify patterns of fraud and cybercrime and work with law enforcement to find these bad actors and bring them to justice.

Visa regularly works alongside the U.S. Department of Justice, FBI, Secret Service and Europol to help identify and apprehend fraudsters and other criminals around the world. During the first half of 2021, Visa and these agencies brought down the notorious FIN7 cybercrime gang, perpetrators of an international ATM cash-out enterprise (when people's bank cards are cloned and their money is taken out of ATMs) and recovered millions of dollars laundered by an organized crime ring.

Mastercard has invested more than $1 billion in cybersecurity since 2018. In the past three years, the company has prevented $30 billion in potential losses. In 2020, Mastercard established the Global Mastercard Intelligence & Cyber Centre of Excellence at its tech hub in Vancouver, British Columbia, to accelerate innovation in the security field.

At the same time, you can take these steps to protect yourself:

USE STRONG PASSWORDS

Passwords should be at least seven characters long and a combination of letters (upper and lowercase), numbers and symbols. Don't use your birth year or anything obvious, such as the names of your kids or pets. A "passphrase" is a good idea, using symbols to replace letters in a phrase you will likely remember; for example, "myc@tCis#1!" ("my cat Charlie is No. 1").

Never use the same password for all your online activity, because if a site or app is breached, then the crooks will use that same password to try to hack into your other accounts. Password manager apps such as 1Password and Dashlane are a good way to store your various passwords.

KEEP YOUR SOCIAL CIRCLE SMALL

Set your social media profiles to private. If someone asks to connect with you, accept the request only if you know the person. Ideally, even if the request comes with a name and photo of someone you know, confirm it's really that person by reaching out to them in another way. If it's fake, block the user and report the fraudulent message.

DOUBLE YOUR EFFORTS

For online banking and shopping apps, opt for two-factor authentication, which requires not only your password to log in but also a one-time code sent to your mobile device to prove it's really you.

HIDE YOURSELF

Whenever you go online, use your browser's private or incognito mode so your history and cookies are deleted after your session. Better yet, consider using virtual private network (VPN) software to remain anonymous when you're online. The experts at CNET chose ExpressVPN as their top pick.

RETHINK YOUR EMAIL ACCOUNTS

If you use an email account to log in to social media, ideally use an account you created just for that purpose, not one tied to your bank accounts, health information or personal communications.

"This is because these publicly accessible email accounts can be easily harvested," says Payton. Instead, she suggests using an encrypted email platform such as Proton Mail.

SHOP SAFELY

Don't shop (or bank) online using a public Wi-Fi hot spot—such as in a cafe, airport or hotel lobby—as they're not as secure as your home Wi-Fi or a cellular connection. Instead, make your phone a personal hot spot. Better yet, use a secure internet connection such as your home Wi-Fi.

Reputable websites use technologies that encrypt data during transmission. To confirm this level of security, look for a padlock icon and "https" in front of the URL. Shop only on sites that take secure payment methods such as credit cards, PayPal, Apple Pay or Google Pay.

When shopping at an unfamiliar site, look for a security seal of approval such as DigiCert, Better Business Bureau or Verisign. Many security experts say it's safer to shop using a store's app than on a website. And when shopping on sites such as eBay or Facebook Marketplace, always check the seller's reputation and read comments before buying anything.

PROTECT YOUR TECH

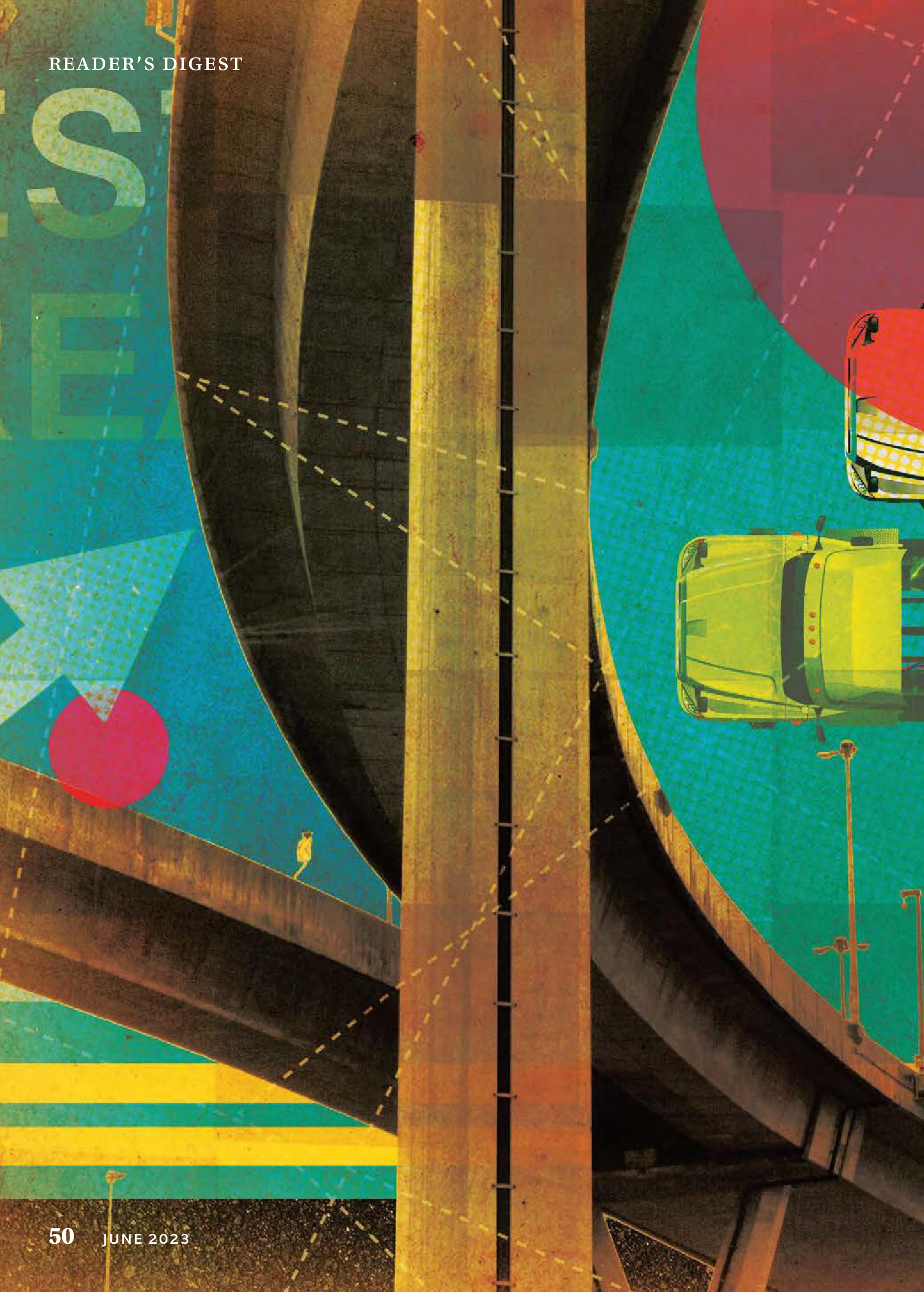
To prevent viruses or other malware, install anti-malware software on your devices. It's like placing a deadbolt on your front door and activating an alarm system. Formerly referred to as antivirus software, anti-malware protection from Avast, Norton and others can identify, quarantine, delete and report suspicious activity. The best products include a firewall, encryption options and webcam detection to protect you should someone try to remotely access your camera.

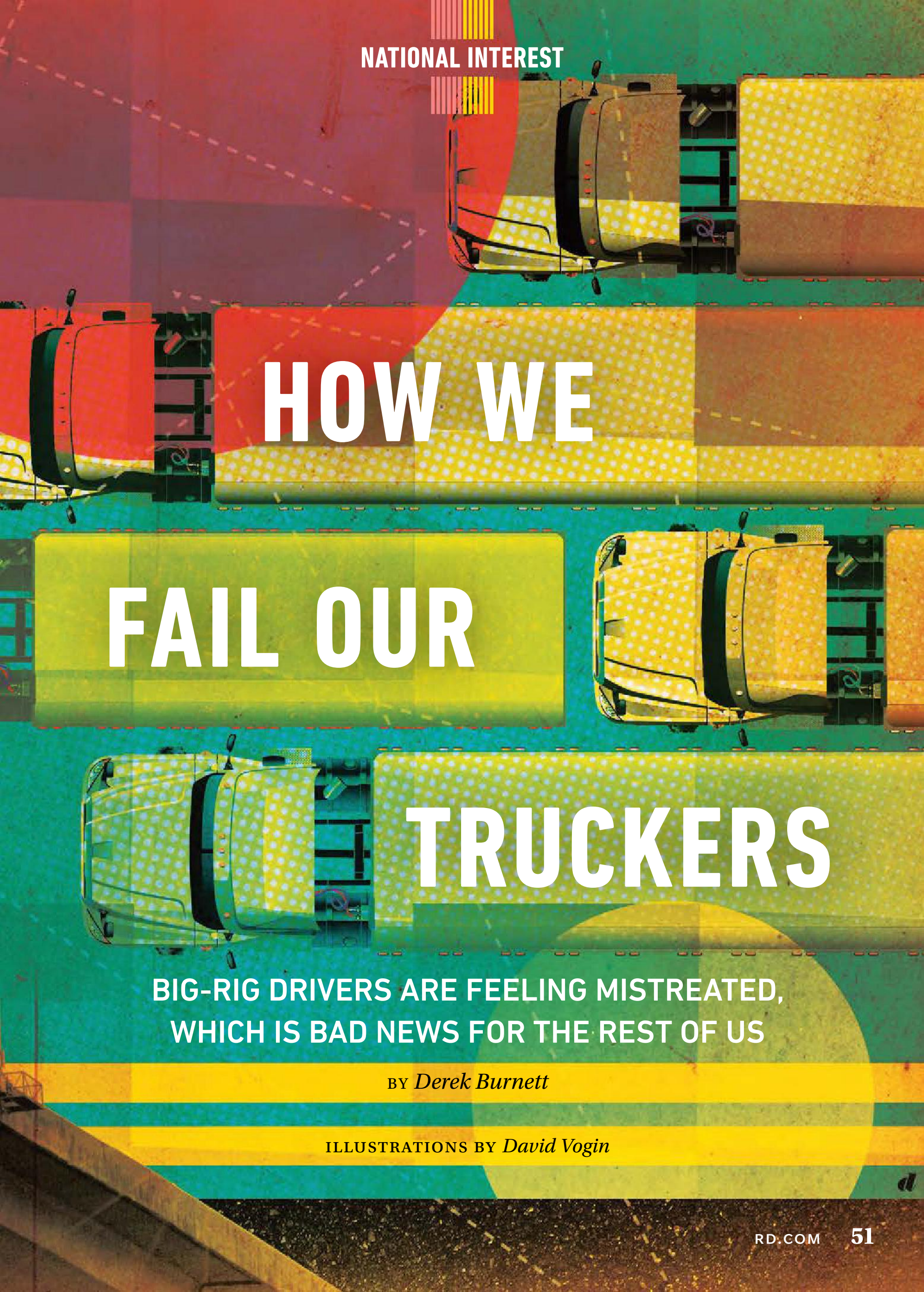
FINALLY, TRUST YOUR INSTINCTS. The same "Spidey sense" that helps you stay safe in the real world can help you steer clear of scams in the cyberworld too.

Bone Appétit

In any household, the true master of hope is the family dog. Dogs regard any delicious smell emanating from the kitchen as a meal they can reasonably expect to share. An elderly dog may have been fed only kibble in all the years of his long life, but he will nevertheless haul his arthritic self into the kitchen, confident that this time the lasagna sitting on the counter will be his.

MARGARET RENKL IN THE NEW YORK TIMES



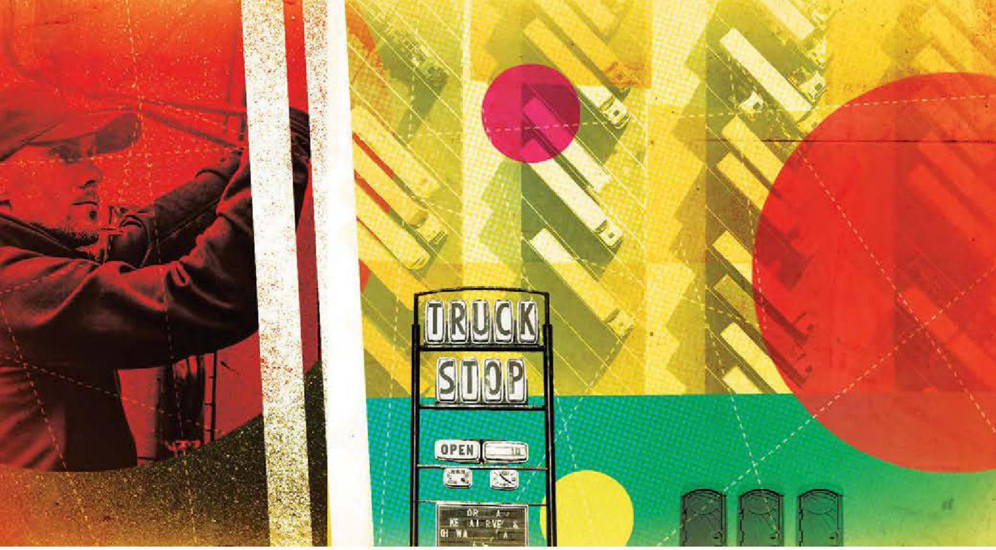


HOW WE FAIL OUR TRUCKERS

BIG-RIG DRIVERS ARE FEELING MISTREATED, WHICH IS BAD NEWS FOR THE REST OF US

BY *Derek Burnett*

ILLUSTRATIONS BY *David Vogin*



Sometimes when he's rolling through open country in his company's 18-wheeler, Mike Murphy, 52, looks out across a scenic landscape and thinks about how lucky he is to be a truck driver. Those are the good days. **But a bad day can be a nightmare.**

Start driving at 6 a.m. to get a load to a client's dock by 11 a.m., as agreed. Roll in right on time, only to find two trucks ahead of you, and the dock man saying it'll be a few hours before you can unload. Murphy gets paid by the mile, so such idle time costs him money. But 25 years in the industry have taught him to bite his tongue.

"Well, can I use your bathroom?"

"Nope. Drivers use the port-a-potty."

And good luck finding a port-a-potty that's not an abomination. So much for the morning. Pick up another load, get moving again.

Evening comes, and he's required by law to limit his shift to 14 hours, which means it's time to start looking for a parking spot. The miles and minutes roll by with no success. He might pull into as many as three truck stops—all full, and him exhausted and just wanting to be home. Often enough, the search for a parking place goes on until he's right up against his 14 hours and the road is beginning to look blurry. Such times, he'll call his wife, Alicia, back home in Waddington, New York.

"Hey," he'll say. "Talk to me for an hour. I'm looking for a parking space."

She'll stay on the phone with him until at last he finds a truck stop with an empty spot. He'll hang up and make his way into the facility, eager for the

shower he might not have gotten yesterday, and if the trucking gods are displeased with him, only three of the showers will be working and a line of 15 other drivers will be waiting ahead of him. He's got to be back on the road in 10 hours. He needs the sleep. He'll buy something to eat, clean himself with baby wipes and stretch out in the sleeping compartment of his rig. Tomorrow will be another day.

Trucking has never been an easy way to make a living. But it's a lifeline for Murphy and 2 million or so other Americans who haul almost 11 billion tons of goods—72% of the country's freight—over our highways and byways each year. For many, the job provides a stable income, often with health care and retirement benefits. Now more than ever, especially with the boom in e-commerce, we need those workers plying our vast network of interstates, warehouses and stores.

But, just when we need drivers most, trucking companies find themselves struggling to maintain a steady workforce to haul all that freight. Not enough drivers means that trucking companies charge more for hauling goods—a cost that gets passed on to consumers, raising the price of almost everything.

According to the American Trucking Associations (ATA, the leading industry group), the U.S. currently faces a shortage of 80,000 truckers, an astonishing figure that the organization expects to double by 2030.

Daniel Murray, senior vice president of ATA's research arm, the American Transportation Research Institute (ATRI), says an insufficient number of drivers on the road creates not just an economic problem but also a safety issue.

"Drivers are under more pressure by employers and customers to move goods faster, more frequently," he says. Pushed to get their freight delivered on time and to pick up the next load, many are exceeding the number of hours they're legally allowed to drive.

A shortfall of drivers can also mean that the product you're looking for isn't on the store shelf when you want it.

"If you're relying on a just-in-time delivery system that prioritizes the synchronization of precise schedules and you can't count on drivers to get the goods there, you're going to have disruptions in the supply chain," says Robert Puentes, president of the Eno Center for Transportation, a think tank.

As alarming as this sounds, there's disagreement among industry experts about how big the trucker shortage is—and even whether the problem the industry faces can rightly be called a shortage.

"ATA's numbers are just not realistic," says Jason Miller, PhD, interim chair of the Department of Supply Chain Management at the Broad College of Business at Michigan State University. He concedes that there are occasional, temporary "shortfalls" of truck drivers, but says the labor market promptly fills them. For more than a decade, ATA has

been sounding the alarm about a chronic, severe shortage—but, Miller says, the statistics just don't support it.

Lewie Pugh, executive vice president of the Owner-Operator Independent Driver Association (OOIDA), agrees. "There's never been a shortage," he says. "That's just something that big carriers say to cover up business practices that aren't fair to drivers, trucking or safety." After all, Pugh points out, 400,000 people earn their commercial driver licenses (CDL) every year. You wouldn't see that if there were indeed a lack of labor.

"A LOT OF GUYS WOULD GO THROUGH TRAINING AND SAY, 'THIS ISN'T FOR ME.'"

Then why does the industry buzz with talk of a shortage? The most likely answer is that there is indeed a labor problem in trucking—but, with a turnover rate of 70% for smaller carriers and 90% for larger ones, what the industry has is a retention issue, not a lack of people willing to enter the field in the first place. That may seem a subtle distinction, but it has real repercussions for solving the crisis. It turns the question from "Where do we find more drivers?" to "How can we keep the drivers we already have?"

ATA published a post last year saying the turnover figures have been misunderstood and mostly represent "churn," or job-hopping between trucking carriers, which could be a sign of driver empowerment in a tight labor market. The OOIDA publication *Land Line* sees it differently, calling churn a sign of driver desperation and unhappiness. Either way, the Department of Transportation found that 300,000 truckers leave the industry annually.

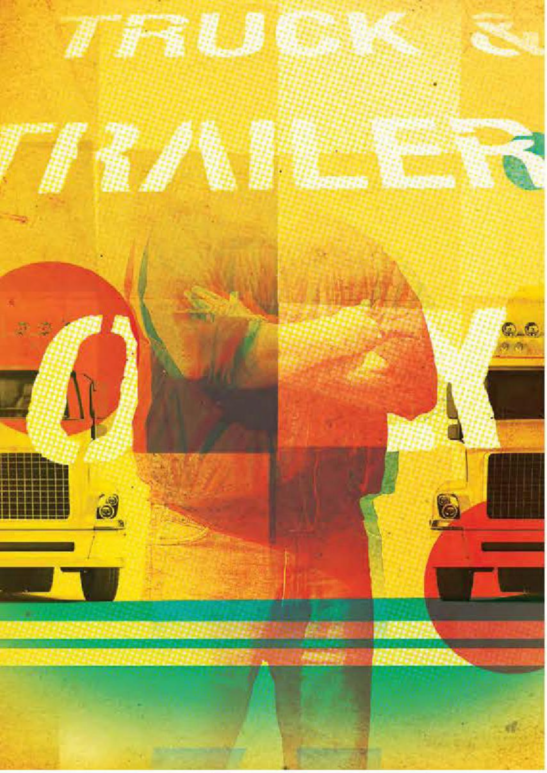
This resonates with Mike Murphy, who, along with his truck-driving duties, has trained more than 150 new drivers, many of whom balked at the harsh realities of the job.

"The students would come into my truck and I would show them the ropes over six weeks," Murphy says. "A lot of guys would go through six weeks' training and then say, 'Hey, this isn't for me.' And they were done."

Despite their differences about whether there's a shortage, there's surprising consensus among experts, industry groups and truck drivers about the retention issue—and about the reasons so many drivers bail on the industry. Unfortunately, while companies know why their drivers are quitting, too often their response is to try to attract new employees rather than to address the complaints of the ones leaving.

SHOW ME THE MONEY!

In nearly every survey, truckers list their compensation as a top issue. "Trucker salaries have not kept up with inflation since the 1970s," says Pugh.



hours. But, Pugh says, "Drivers are giving away 20 to 30 hours a week just sitting at loading docks waiting to either load or unload."

Less-scrupulous outfits engage in misleading practices to lure young drivers. "They offer you an $8,000 signing bonus," says Andrew Emde, a 55-year industry veteran. "What they don't tell you is that if you quit before a certain amount of time, you won't get it. And the other thing they don't tell you is they spread it out over five years."

Federal law allows trucking companies to pay their drivers by the mile. When the wheels aren't turning, no money is being made. If your truck breaks down, if there's a line at the dock, if there's standstill traffic, you're off the clock. More trucks in circulation

While some fleets such as UPS and Walmart offer generous packages, with salaries sometimes in the six figures, most truckers can expect to pull in around $50,000 per year.

"An average workweek for a trucker is 70 hours," Pugh says, "because that's what they're allowed to drive. And a lot of them work a lot more than 70 hours. When you take that $50,000 and you divide that into a 70-hour week and 50 weeks a year, that's like $14.28 an hour." Under the Fair Labor Standards Act, truckers are exempt from being paid overtime, to discourage drivers from compromising safety by racking up

means all these problems are getting worse, not better. And there's no fudging the books, because the company constantly monitors your activity via GPS and electronic logging systems.

GIVE ME A BREAK

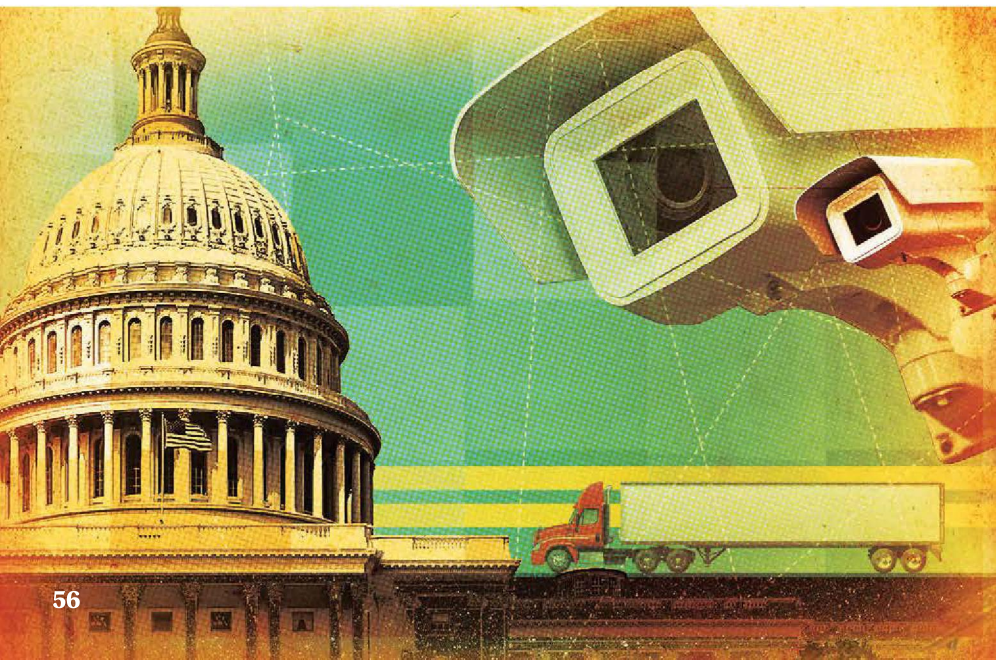
It might seem trivial, but the lack of parking, rest areas and bathroom facilities at truckers' disposal is so demoralizing that it's viewed as a major factor in drivers' decisions to quit the industry. Mike Murphy's bleary search for a place to lay his head for the night is a familiar tale to other drivers, who also tell of interstate offramps littered with

human feces because truckers have nowhere to relieve themselves.

It's even worse for female drivers, who make up 6% to 8% of all truck drivers but only 2.7% of long-haul truckers. One of them, Clarissa Rankin, has spoken unabashedly about the good and bad parts of the industry on social media and talk shows.

"It's horrible," she says. "Women have nothing in the truck stops. Nothing. You name it, we don't have it. Tampons, panty liners, hair bows, like pullback scrunchies? Nothing. The most you'll get is a pink hat that says Truck Driver." This year, Rankin opened her own line of cosmetics and travel essentials for women in trucking, called Owtspoken. She hopes to have her products in wide distribution at truck stops soon—but it's an uphill battle.

The lack of conveniences is an annoyance, but, Rankin says, of greater concern to women is the lack of security on the roads. She describes the truckers-only side of the truck stop as "a whole 'nother world. Prostitution. Sex trafficking. Robberies." When a lot of trucks are parked end-to-end or side-by-side for the night, she says, "You don't know who you're sleeping next to. You could be sleeping with a coldblooded rapist and murderer right next to you." In a survey by CDLLife, an online community of truck drivers, 21% of drivers said they've been the victims of crime—and 42% of those crimes were violent. Little wonder so few women are attracted to the job.



So why aren't private companies responding to these obvious needs by building more, bigger, better, safer, well-lit truck stops with plenty of parking? "It's the NIMBY effect—not in my backyard," says ATRI's Daniel Murray. "Nobody wants a truck parking lot anywhere near their homes." At the same time, he says, e-commerce and just-in-time delivery have created a need for truck parking much closer to the customers they serve.

The lack of infrastructure isn't just unpleasant for drivers. It affects their bottom line. "On average," Murray says, "truck drivers now are leaving their revenue routes 56 minutes early, which equates to almost $5,000 a year in lost wages," just to find a place to sleep for the night.

BIG BOSS IS WATCHING

One of the things that's always been appealing about truck driving is the lure of the open road, the freedom to be on your own, making your own decisions. But today's drivers are subject to ever-increasing scrutiny, with companies placing cameras not only facing the road, but in some cases pointing at the driver in the cab. Every movement of the vehicle is monitored via technology in a bid to fend off lawsuits and reduce insurance costs.

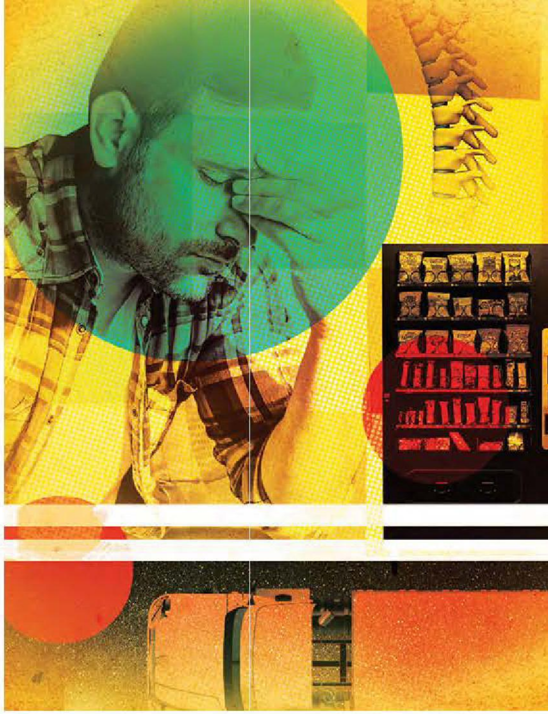
Clarissa Rankin now has her own truck and operates independently, but when she first started out and was driving for a major carrier, someone pulled out in front of her, forcing her to brake hard. Her phone rang immediately. It was the company.

"They said, 'What was that hard brake about? We're going to have to have you take a class now.' I said, 'I'm not taking no doggone class.' You know? I'm not doing all that. If you don't do it, you can lose your job. But I didn't care. Every five seconds, it was something," she says. "No grown-up wants to be babysat."

Emde agrees. "The freedom of the road and all the romantic stuff goes out the window as soon as somebody puts a camera in your face," he says.

Drug testing, especially for marijuana, is another regulation that causes drivers to exit the industry in droves. Despite legalization initiatives in various states, interstate trucking prohibits drivers from having any trace of THC in their systems. Obviously, driving while high must remain illegal—just as with alcohol—but huge numbers of safe truckers are losing their jobs because trace amounts of the substance, from legal consumption on their own time, are still circulating in their blood.

The Federal Motor Carrier Safety Administration maintains a clearinghouse database of drivers whose routine drug tests have come up positive. According to ATRI's Murray, "More than 90,000 truckers who tested positive have not started the administrative process to remove themselves from the clearinghouse and get back into long-haul trucking. Which tells us they're fine continuing to smoke pot and drive



locally in jobs where the CDL is not a requirement."

No one wants truck drivers working while under the influence, but allowing them the same access to recreational substances that others enjoy during their nonworking hours could be a way of retaining workers who may otherwise quit the industry.

A WORLD OF PAIN

Sitting behind the wheel of a truck for 70 hours a week for decades is a recipe for poor health. Veteran drivers recite their litanies of bad backs, obesity, heart problems. It's certainly on Mike Murphy's mind.

"One of the reasons I'm looking forward to getting out of driving is that I need to get active," he says. "I've had my legs start to swell up and stuff like that. There's not really time to exercise, to do the things that you should be doing for your body."

He tries to eat well, but it's not easy. His options are limited to fast food or whatever is available in truck stop diners, which is notoriously unhealthy fare—just try finding fresh fruits and vegetables. A few facilities have experimented with healthier foods, but it remains next to impossible to get consistently nutritious meals while out on the road.

But drivers' concerns about health and well-being aren't limited to diet and exercise. Driving is stressful work, requiring prolonged vigilance and concentration. And the type of trucking where the labor crisis is most strongly felt—long-haul—can be lonely, especially for people with families.

"You miss everything," Murphy says. "Trucking becomes your life. After 25 years, you realize, *Wow, I've got nieces and nephews graduating from college, and I didn't get to watch them grow up.*"

Through the years, Andrew Emde has seen a lot of young people enter the industry believing that the time constraints and separation from their families wouldn't be that bad. "After a while, reality sets in," he says, and people look for work closer to home.

MIKE MURPHY FIGURES he has another 10 years of driving ahead of him before he can retire. He got into the industry back in the '90s when he realized his small town simply wasn't a big enough market to support the dog-grooming business he'd opened. In the end, he says, trucking has been a good job.

"It's allowed me to buy a house and a car and to live in a rural community," perks he might otherwise not have enjoyed. He estimates he'd have had to take a 50% pay cut if he had taken work around Waddington. "But you give up a lot," he says. "I'm kind of looking forward to not having to do it anymore." R

THE ROAD AHEAD

One oft-proposed solution to the trucker labor crisis is autonomous vehicles. But true autonomy is at least a decade off. In the meantime, semi-autonomous trucks are more expensive and still require a driver behind the wheel to take over if there's a system failure. "If I have an expensive truck and my driver is still in there, that now costs me more," says ATRI's Murray. But ATA, OOIDA, academics and drivers themselves say there's plenty that government (federal, state and local) and the private sector can do.

Government:

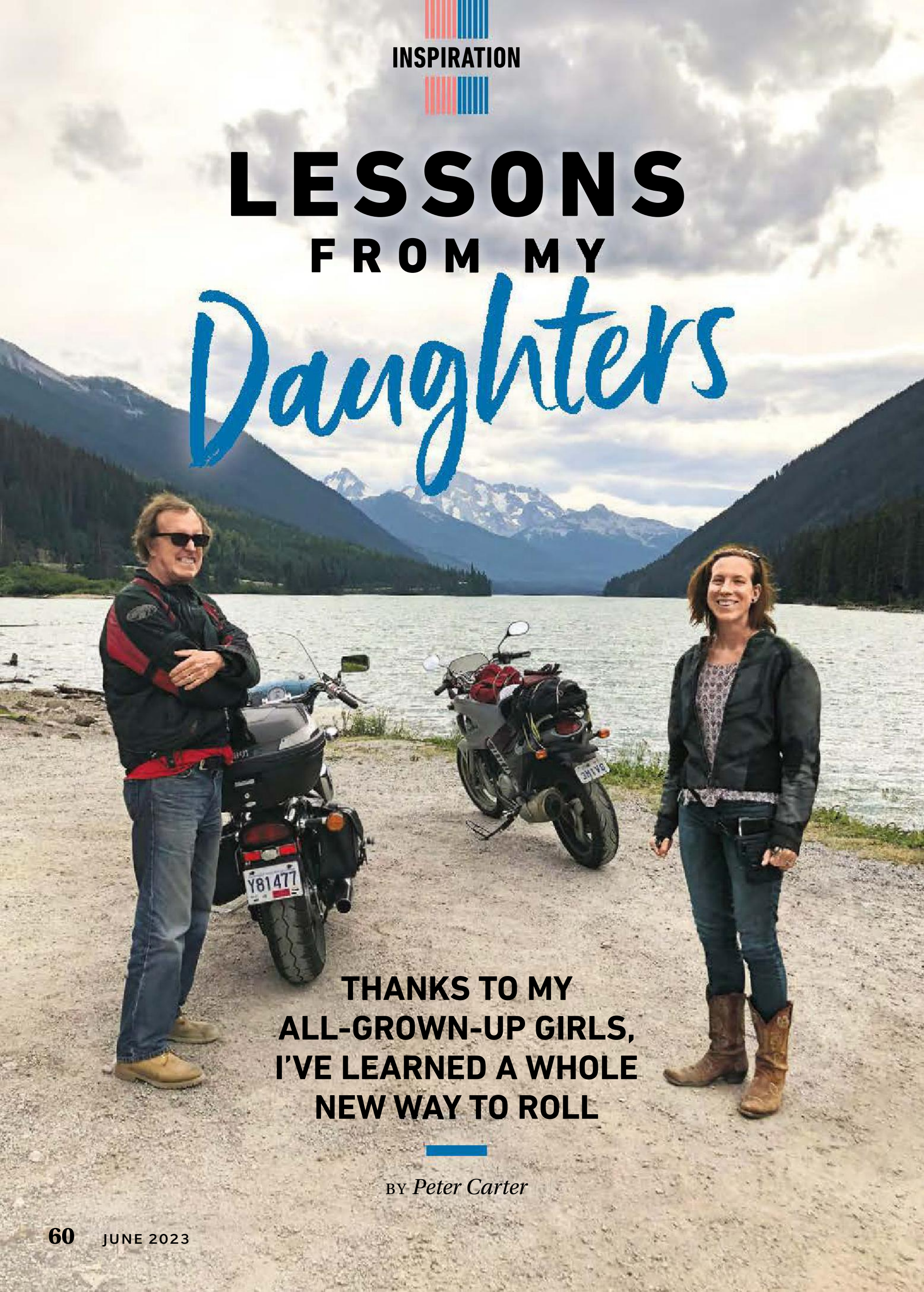
- Provide congressional funding for trucker parking and infrastructure, and remove anti-commercialization restrictions so that restaurants and shops can open at interstate rest areas. Some funding has come from the Department of Transportation, but much more is needed.
- Relax zoning restrictions to provide more truck parking closer to pick-up and drop-off points such as towns and cities where it's needed.
- Remove the exemptions that ban paying drivers overtime and that allow paying them by the mile, while differentiating between driving and nondriving hours to maintain safety standards.
- Reconsider marijuana regulations while improving sobriety testing.
- Streamline the visa process to make it easier to offer driving jobs to qualified immigrants.

Private sector:

- Adopt straight-salary rather than by-the-mile pay structures, and pay drivers a competitive hourly rate for downtime while waiting at loading docks.
- Make driver-monitoring systems, like cameras, opt-in rather than mandatory.
- Improve truck stop facilities, providing expanded parking, exercise rooms, healthier meal choices, women-friendly products and security measures.

INSPIRATION

LESSONS FROM MY *Daughters*



THANKS TO MY ALL-GROWN-UP GIRLS, I'VE LEARNED A WHOLE NEW WAY TO ROLL

BY *Peter Carter*

One sunny Saturday afternoon in 2014, I was southbound on Highway 427 in Toronto aboard my purple 1993 Harley-Davidson Sportster. This stretch of road, some 12 miles long, is one of the most heavily trafficked in North America. At certain points, there are 14 lanes of traffic, much of it moving at 70-plus mph. I was in one of the center lanes—keeping a close eye on an 18-wheeler about 100 yards ahead.

I wasn't worried for myself. I'd been biking for decades. My eyes were riveted on my 23-year-old daughter, a novice rider who was balanced on her recently purchased BMW F 650 GS. She was right beside that semi, in its dark shadow, looking as vulnerable as a snowflake.

Thoughts swirled. *One wrong move, and our world ends. I am powerless to help her. I let this happen. Am I the worst father ever?*

My daughter Ewa Carter, a student at the time, made it home safely and hasn't stopped riding since. She has put thousands of miles on that BMW, riding from our Toronto home east to Halifax, south to Tennessee and west to Vancouver in all types of weather and road conditions. The best part is that for exactly 5,100 of those miles, I've been riding with her.

I've had some stunning adventures with Ewa's identical twin sister, Ria Carter, too. In fact, both my girls have taken me places I never imagined I'd go.

One afternoon in August 2016, Ria, at the time a funeral director and now a psychotherapy student, arrived at our house and told my wife, Helena Szybalski, and me that she was taking me to Burning Man, a festival in the Black Rock Desert in Nevada. Our daughters had attended a few years earlier, frolicking in the heat with 70,000 hippies. And they'd decided, without consulting me, that this was my year to go. Not only had Ria obtained a pair of hard-to-get tickets, she'd also paid our plane fare. If I didn't go, she'd be out $2,000.

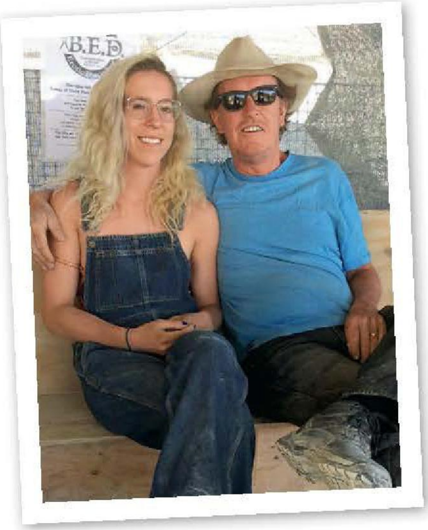
So I said OK. It would be worth finding out what my kids knew about their dad that I didn't.

Burning Man is for adventure-seeking West Coast types, computer whizzes from Silicon Valley, UCLA artists and other outside-the-lines colorers. Why did Ria think I should go? The only drugs I take are Tylenol and hay fever



Above: Peter Carter at the Burning Man festival. Left: Peter with daughter Ewa at Duffey Lake, British Columbia.

PHOTOGRAPHS COURTESY OF PETER CARTER



Dad and daughter Ria at Burning Man

medication. I had been chair of the PTA at my kids' grade school and a family columnist at a women's magazine. A female friend in college once pegged me as a churchgoing, 2.5-kids-with-a-minivan-and-picket-fence type of guy. She was absolutely right.

WHEN WE ARRIVED IN NEVADA, it was late and dark; Ria and I soon got separated. The next morning, as I searched for her, one of the first campers to greet me was a slender 30-something woman with long brown hair wearing absolutely nothing. (For the record, I was fully clothed.) She asked what I was looking for and I said, "My daughter."

"What you need is a hug," she said, and proceeded to administer one.

"You'll find your daughter," she reassured me. I did, a few hours later.

Burning Man takes place in a temporary city where attendees (called burners) shed normal life and throw a nine-day party that culminates in the burning of a giant wooden statue. Everybody travels around the site on sparklingly decorated bicycles, and the music stops only for a few hours around dawn, when most of the crowd sleeps off the night before. Money rarely changes hands; the only things you can buy are ice and coffee. Otherwise, people share their food, booze and whatever else they have with complete strangers.

You never know what marvel you'll find around the next corner. One mobile art installation was the fuselage of a full-size decommissioned 747. Imagine a *Mad Max* setting with pop-up concerts and Cirque du Soleil-caliber gymnastic displays, and a 33-foot-tall wooden pirate ship—peopled by a few dozen champagne-swigging burners—moving through the central plaza like a Trojan Horse.

But the most important part? Burning Man was a parenting milestone. Ria tried to give me the experience of a lifetime and succeeded. To this day I can't stop telling people about it.

WHEN IT COMES TO HIGH-PROOF fathering lessons, though, few adventures compare to the motorcycle trips I've shared with Ewa.

Our first trip, in August 2017, was a winding trip around the Catskills and Finger Lakes areas of New York. We

avoided interstates and spent the week on twisty scenic back roads. At one point, I found myself riding alongside a Catskills meadow not far from Woodstock, keeping pace with a fawn and yelling "Go Bambi, go!"

On the second day, we stopped in a small town for ice cream. I asked the woman at the picnic table next to us: "What's the name of this town?"

"Interlaken," she answered. "Where are you trying to get to?"

Me: "We don't know."

It occurred to me then that I'd always wanted to attempt this no-schedule kind of trip, when you ride just for the sake of riding.

Ask any middle-aged motorcyclist: They've all fantasized about doing the *Easy Rider* thing, tossing their wristwatches into the ditch and heading into the horizon without a plan. Now, traveling with no destination became a trademark of my rides with my daughter.

Since we almost never knew where we were going, we were almost never disappointed when we arrived. Pulling off the highway at the end of each day carried with it exhilaration. The reason to celebrate? We hadn't crashed!

Because the truth is, life on a motorbike is one close call after another. En route, riders must stay focused 100 percent of the time. A tiny patch of loose gravel can be fatal. I used to say I found it nerve-racking, but Ewa had a different take: "To me, motorcycling is like meditation." And I came to realize she was right. At the end of a day of riding, after checking into whatever family-run roadside inn we'd picked, I'd be exhausted but feeling mentally clearer than ever. After a roadhouse meal and a Budweiser or two, sleep was never elusive.

ONE SUMMER, WE TOURED northern Michigan. That odyssey included a stop to ask directions at the Big Ugly Fish Tavern, whose claim to fame is being the dive-iest bar in Saginaw. It also involved riding more than a mile with no helmet, which is legal for adults in Michigan, albeit with insurance conditions. While not advisable, it felt as if we were secretly skinny-dipping in a neighbor's pool. We also biked to a town called Bad Axe simply because it was a town called Bad Axe.

There were a few exceptions to the no-destination rule. On our 2019 trip, after riding for two days, Ewa and I arrived in a town called Deal's Gap, North Carolina. That's the starting point of the infamous Tail of the Dragon, a must-ride for any motorcyclist. It's 11 miles on two narrow lanes with more than 300 curves. Much of one side

A SIGN ON THE ROUTE READS "MOTORCYCLES: HIGH CRASH AREA NEXT 11 MILES."



BUBAONE/GETTY IMAGES (MOTORCYCLE ICONS)

is a wall of mountain, the other is a sheer drop—with no guardrails. A sign at the beginning of the route reads "Motorcycles: High crash area next 11 miles."

As if to prove the sign right, about 15 minutes into the route my front wheel hit the dirt beside the pavement. I lost control and drove clumsily down into the shallow grassy ditch, juddering to a stop. Since 55 yards farther there was no ditch—only a cliff—my "incident" could have been a lot worse. The only thing hurt was my ego.

Had I known how challenging the Tail of the Dragon was going to be, I would not have ridden it. I am a boringly cautious motorcyclist. The Dragon was Ewa's suggestion, and I am from-the-bottom-of-my-heart grateful that she led me down that path. The route was an absolute thrill ride and my minor wipeout only added to the excitement.

YOU'D THINK THAT AFTER ALL THESE YEARS I'D KNOW BETTER THAN TO RUN OUT OF GAS.

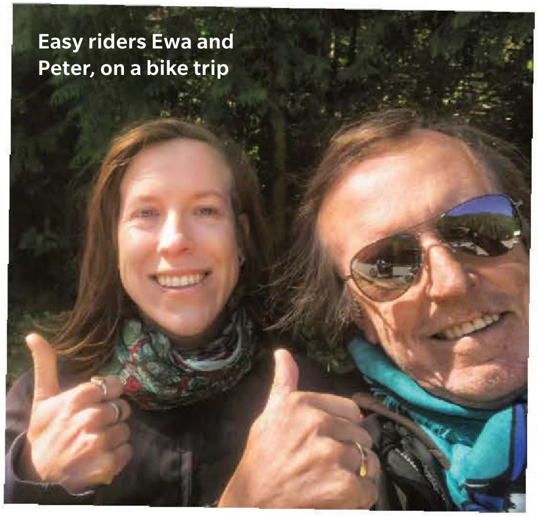
In August 2020, Ewa moved from Toronto to Vancouver to work as an American Sign Language interpreter. She rode her bike west and I accompanied her for the first 810 miles along the north shore of Lake Superior. Ewa had been going through a rough time emotionally and wanted to cover the remaining 1,864 miles solo. So right there at the top of the world's largest freshwater lake, we hugged, and she headed west while I turned east.

A few hours later I hit a tricky part of the highway, steep and coiling, and one section actually had me riding west once again, staring straight into the blinding sunset. I realized through teary eyes that the twists and turns on this stretch pretty much summed up my emotions as I saw my daughter ride off that day.

THE NEXT YEAR, 2021, our weeklong bike trip in southern British Columbia coincided with some of the worst forest fires the area had ever seen. I met Ewa in Vancouver, and we headed north on the Sea-to-Sky Highway, past Whistler, past Pemberton, and on to Cache Creek, where we found ourselves between mountains on fire. We had had no idea what we were heading into; the fires had happened so fast. The valleys seemed consumed by flames.

The next day, as we made our way northwest along Highway 16, we saw striking reminders of whose backyard we were biking through: First, a huge brown bear crossed right in front of us, and then, a few miles later, a sleek tan-colored cougar.

Three days later we reached Prince Rupert, almost to the top of the province's coast, and boarded the posh *Northern*


Easy riders Ewa and Peter, on a bike trip

Adventure ferry for a scenic 16-hour cruise to Port Hardy on Vancouver Island.

What made this trip so special was not just that it was the first where we actually had a plan—it was that Ewa took it upon herself to be the planner. We didn't even have a conversation about it; she just took care of it all. Ewa had not only arranged to borrow from a friend the bike I was riding, she organized the itinerary and even purchased the ferry tickets. She wouldn't let me pay.

A baton had been passed from one generation to the next. Wordlessly. I did not see that coming.

MY OLD HARLEY HAS NO GAS GAUGE. When the main gas tank is empty, the bike slows, and you reach down with your left hand and switch to the much smaller auxiliary tank. At that point you have only a few miles' worth of gas left.

You'd think that after all these years I'd know better than to run out. But there I was, on the first day of one of my annual trips with Ewa, on a lonely stretch of highway leading toward the U.S. border, and my bike sputtered to a stop. There were no homes or businesses in sight.

Ewa was getting smaller as she headed into the distance, not realizing she was riding alone. When she finally realized I was no longer in her rearview mirror, she turned back. As a father, it's humbling to be in that position.

Throughout my adult life, in raising my kids I've followed my own parents' lead: I stood aside and offered support while Ewa, Ria and their younger brother, Michel, found their own way in life. I seldom said no.

But when Ewa said she wanted to wait with the out-of-gas bike on the side of the country road while I went for gas, I said no way. I would not leave her vulnerable on the side of a country road for goodness knows how long. She insisted, but I was firm, and Ewa finally gave in and went off in search of gas.

Because no matter how old your kids get, you never stop being a dad. R



SOME PEOPLE HAVE ALL THE LUCK

Readers share their greatest strokes of good fortune

BY *Reader's Digest* Readers

Knowing When to Cash In

My mother's luck was legendary. She once won a brand-new Ford in a church raffle. Forty years later, she won a Mercedes from the same church. My favorite was when she visited Las Vegas. My sister gave our mother $25 for fun. Mother spent it all on one chip, dropped the chip into a giant slot machine, won $125, and said, "That's probably enough."

—ANGELA MURPHY-WALTERS
Elizabethton, TN

A Goof-Proof Roof

Three months after buying our home, we learned we'd need a new roof because of damage incurred right before closing. It was a drawn-out process involving real estate agents and insurance. For months we got nowhere. Then I arrived home one day to a crew working on the roof. I was confused as to why I hadn't been notified until my neighbor strolled up and said, "My roof sure looks nice on your house." Turned out, my neighbor's shingles had been mistakenly delivered to our house and the crew just started working. The roofing company admitted its mistake, so we wound up with a free roof. The freakiest part? We got a final claim rejection letter in the mail that evening. We would've had to pay out of pocket. It remains the weirdest stroke of good luck we ever had.

—JENNIFER SCHOONOVER
Trimble, MO

A Real Diamond in the Rough

My wife cherishes her diamond engagement ring. Six years into our marriage, it disappeared. We searched everywhere—all over the house, her

ANDY ROBERTS/GETTY IMAGES (CLAW), BAAC3NES/GETTY IMAGES (CLOVER PATCH), ROBIN SMITH/GETTY IMAGES (CLOVER). NOUN PROJECT (SPARKLES)

classroom, the yard—but no luck. We replaced it with a cubic zirconia copy. One afternoon 14 years later, while digging in the garden, I saw something: my wife's diamond engagement ring, still shiny after all these years.

—LAWRENCE LEFKE
North Myrtle Beach, SC

An Electrifying Find

I was a repairman fixing an outlet at the apartment of a woman who had just moved in. I removed the outlet cover and noticed a piece of paper folded so tightly between the outlet box and wall stud that I had to use needle-nose pliers to pull it out. Much to my surprise, I unfolded a $100 bill! It had nothing to do with why the outlet wasn't working. The new tenant said it wasn't hers, and the previous tenant didn't respond to a message about it. My boss eventually told me to just keep the money. To a father of two in 1979, that $100 was a lot of money and a stroke of great luck.

—PAUL DIGGS *Oklahoma City, OK*

A Heads-Up Buy

A man holding a yard sale noticed me looking at a jar of old coins. He told me it contained some rare coins, including several wheat pennies and "a real old Indian head penny from way back in the 1800s." As a coin collector, I knew that one coin could be worth hundreds of dollars. He wouldn't let me examine the coins, so I bought the jar for $3. When I examined my find at home, I found the Indian head penny, but there was a hole drilled right through the center. It was worthless to a coin collector—a copper washer at best! And there were no wheat pennies at all. The man had lied to me. I did find a rare Canadian coin worth $200, though, which he must've overlooked. He thought he'd sold me a jar of duds, but karma bit him hard that day, and it kissed me on the cheek. I still have that rare coin.

—JOSEPH DUCKWORTH
Davisville, WV

Tact for Tack

I'd flown to England with my church group for an educational trip. One gentleman said he'd lost a gold tie tack earlier in the day. That evening, a friend and I went for a walk. When we were a considerable distance from the hotel, I suddenly stopped. "I think I just stepped on a thumbtack," I said. It was, unbelievably, the man's tie tack that pricked my foot. I was happy to return his treasured retirement gift.

—BETTY SHOEMAKER
Hilton Head Island, SC

Luck Strikes Twice

Feb. 4, 1951, was a lucky day for me indeed. Pillsbury was hosting a big Bake-Off event, and I'd submitted a jingle to its jingle-writing contest. I woke up the morning of the event, business as usual, when my labor pains began. My husband and I rushed to the hospital, where I had a healthy delivery.

Three days later, a man knocked on our door. I was supposed to have been at the Bake-Off for the jingle winner's announcement, and apparently they'd stood on stage announcing "Louise Miller! Louise Miller has won!" but I was in labor and obviously forgot all about it. I was in bed holding my son when the gentleman presented my winning prize, a sterling silverware set and mahogany chest. He smiled and said, "Talk about being born with a silver spoon in one's mouth! This baby has a complete set." Yes, it was my lucky day—twice!

—LOUISE MILLER *Glen Burnie, MD*

Not Quite a Needle, but Close

I was mowing on my ranch and thick hay kept getting wrapped around the rotor. Every time I had to dismount the tractor to cut the hay. By the fourth time, I realized that my best knife was missing. Assuming it was lost to the hayfield, I got another and kept mowing. Later, while hauling the baled hay into the barn, I noticed that two of the bales were mistakenly tied together. I stopped to pull them apart, and there it was—my knife packed between the only two bales that needed checking. What are the chances?

—KEN MACRAE *Ellensburg, WA*

Lucky No. 92

In 1984, my wife's favorite radio station was giving away a Mustang convertible. Lyn was one of 103 (the Florida radio station's call sign) callers to win a key. Only one would start the 'Stang. Lyn had key 92. Her confidence rose as those before her tried their keys and failed. After key 91 cranked and busted, Lyn strode up to the Mustang, confidently waved the DJs away from the hood, and announced, "I'm taking this baby home tonight!" The crowd hooted as she opened the door, boldly buckled the seat belt (which no one else had dared to do), settled into the driver's seat, turned her key—and fired up the engine! The radio station played her scream of joy over and over for weeks.

—CHRISTOPHER SPRINGHORN *Houston, TX*

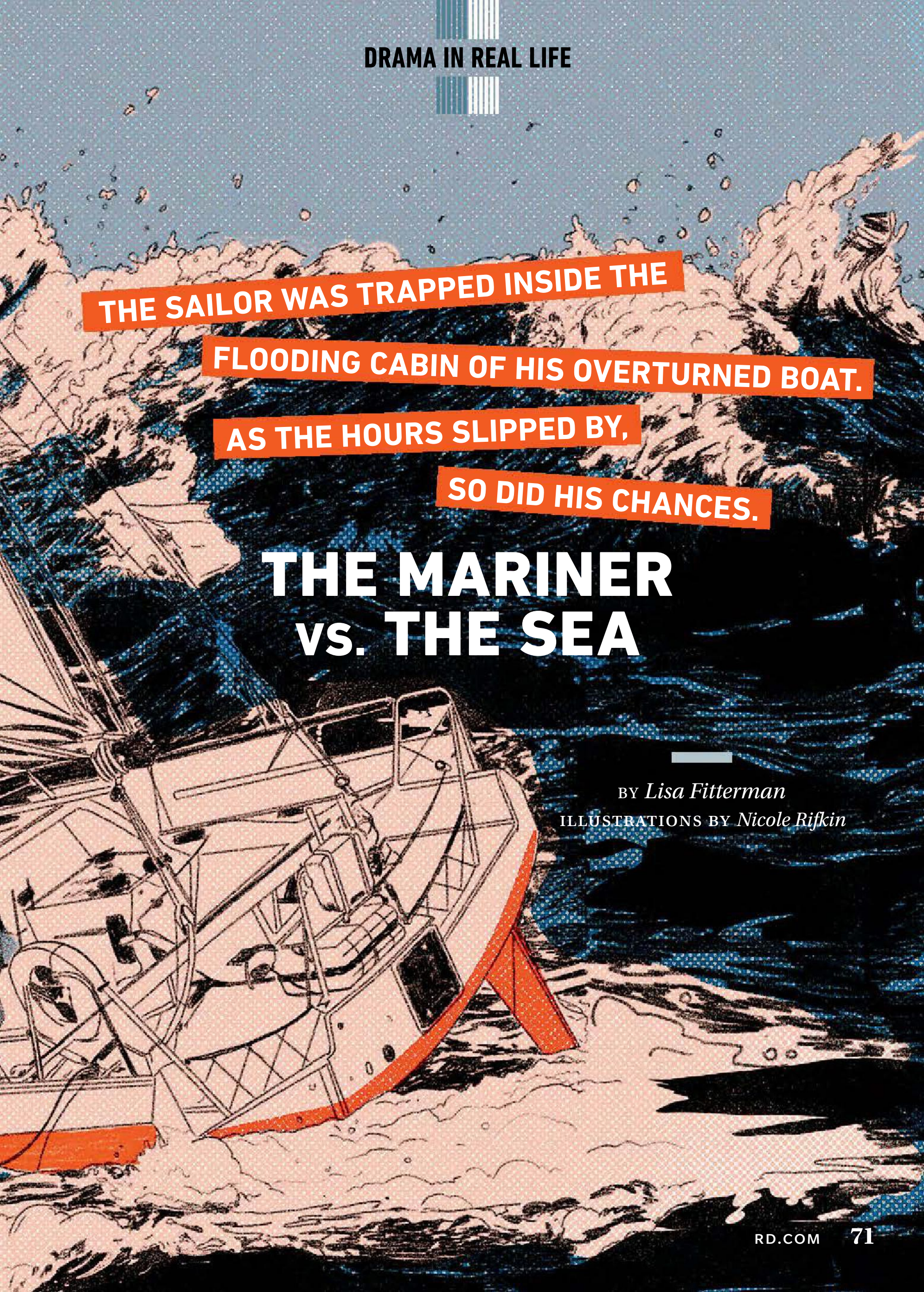


THE BEST GIFT I EVER GOT

A good present doesn't have to be expensive, just valuable. Have you ever received a gift that moved you to tears? They could be tears of joy when someone surprised you with something you desperately wanted but believed unattainable, or tears of laughter from a great gag gift. Holiday, birthday, anniversary or milestone, whether you were the gifter or the getter, see terms and share your best gift at **rd.com/bestgiftever**. It might appear in a future issue of *Reader's Digest*.

LILIBOAS/GETTY IMAGES





THE SAILOR WAS TRAPPED INSIDE THE FLOODING CABIN OF HIS OVERTURNED BOAT. AS THE HOURS SLIPPED BY, SO DID HIS CHANCES.

THE MARINER vs. THE SEA

BY *Lisa Fitterman*
ILLUSTRATIONS BY *Nicole Rifkin*

IT'S JUST PAST 8 P.M. ON AUGUST 1.

Laurent Camprubi is about 15 miles off the coast of northwestern Spain, hoisting the mainsail on the deck of the 39-foot sailboat *Jeanne*. Ever since he left Lisbon, Portugal, the day before, he has been fighting the elements. But he is in his element too.

Camprubi is aiming to qualify for the Route du Rhum, a 4,077-mile race held every four years from Saint-Malo in France to Guadeloupe, a group of islands in the Caribbean. On a night that's anything but calm, the solo athlete is tacking, adjusting, to ensure that the vessel gets to its destination of Cherbourg, France, about 1,050 miles to the northeast. After more than 12 hours of sailing, Camprubi decides to take a much-needed break. While a beacon automatically broadcasts his position to Route du Rhum organizers every 15 minutes, the waves batter the *Jeanne* in a language all their own: screams, whistles, crashes, roars.

He knows that in the distance is the craggy peninsula Cape Finisterre, or "end of the world," but 6-to-10-foot waves have turned his surroundings into a uniform dark gray.

Tall and lanky, the 62-year-old has been sailing since his 20s and is eager to tackle the Route du Rhum, which he considers "the Everest of sailing." A stylist for a Portugal-based fashion footwear company, Camprubi lives with his partner, Virginie Philip, and their two children in Marseilles, where he has been training for months. The race would be a test of strength and perseverance, and Camprubi, a lifelong cyclist and runner, has also been doing weight training to build his core muscles so that he will be better able to keep his balance in rough seas. And tonight, it is indeed rough.

As Camprubi lies in the cockpit, resting, a wave crashes into the boat, which suddenly slows down. Opening his eyes, Camprubi sees the boat beginning to list to one side and he knows what has happened: He has lost the keel—the weighted fin that runs along the bottom of the boat to keep it upright. The *Jeanne* is capsizing.

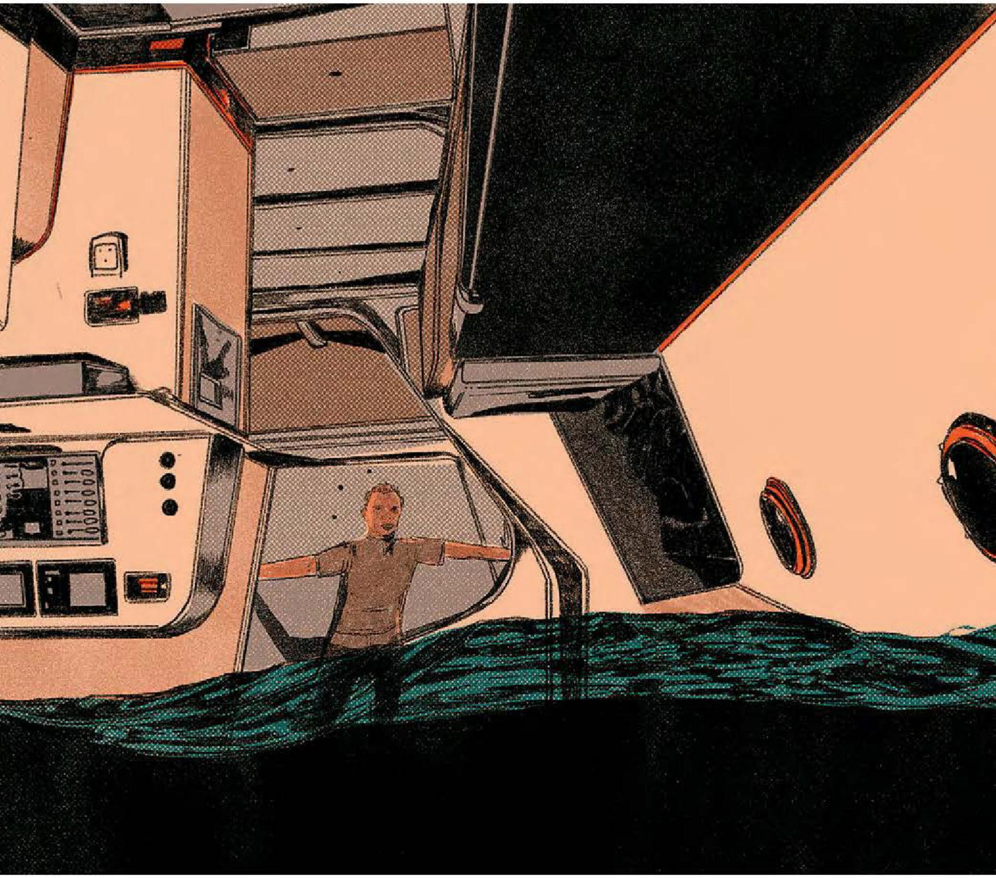
You have 15 seconds to



get below deck before the boat flips over, he tells himself. *Your life depends on it. Move!*

Once below, he attempts to close the door, but water keeps rushing in, making the task impossible. The *Jeanne* violently flips upside down, bobbing in the waves. Camprubi has been thrown to the ceiling and is crouched there, on what is now his floor. His prescription eyeglasses are smashed, as are the computer and other electronics, and the pieces are floating in seawater.

He ventures farther into the boat to retrieve his survival kit, then returns to what he judges to be the safest spot, by the door. Almost 20 minutes after capsizing, he sets off his SOS signal and



grabs his bright red survival suit. Made of waterproof neoprene, it's a bulky, stiff onesie, complete with hood and attached booties. He knows that adrenaline is still keeping him warm, but once it wears off, the suit is his best defense while waiting for whatever help might come. He's in an air bubble; the water, about 68 degrees, is now up to his chest. So on goes the suit, one cramping, chilled leg at a time.

AT 8:23 P.M., MOMENTS AFTER Camprubi activated his emergency beacon—which contained both a radio transmitter and global positioning system (GPS)—the Spanish coast guard detected it. Immediately, an elaborate, tightly choreographed effort was put into action, complete with two rescue ships, three helicopters and five divers. It was black outside, and dangerous. The question on everyone's mind: How



could the vessel's lone occupant survive in such weather, no matter how experienced?

At 9:26 p.m., one of the helicopter pilots spotted something white in the swirling, angry sea: the bottom of a sailboat that appeared to be missing its keel. One option—to secure the vessel with slings and hoist it onto one of the ships with a crane—was dismissed as foolhardy because of the wind and the danger it posed to Camprubi. Besides, no one knew what was happening inside.



A diver was lowered by a cable onto the hull of the boat, tasked with checking for signs of life. He banged on the hull, shouting that help had arrived. But his words blew away with the wind.

CAMPRUBI IS FINISHING putting on the top part of his survival suit when he hears someone banging on the hull. *Thump. Thump. Thump.* He tries to hammer back, but his arms get entangled in the sleeves.

"I'm here!" he shouts. "I'm here!"

Then, nothing. Was he heard? He curls up into a corner to wait, water sloshing and rising ever higher. His air bubble can't last forever.

Help will come, he silently recites. *Help will come. Help will come.*

Still, a darker thought intrudes: *Maybe I've been abandoned.*

TO THE RESCUERS' SURPRISE and relief, they heard the sailor shouting back. But for everyone's safety, they put off any rescue attempt until the next morning when calmer seas and daylight would prevail. The question was, would Camprubi still be alive when they came back? Time was not their ally. He could die from exposure, or he could drown. But they had no choice.

THE PHONE RANG: "THE CHANCE OF FINDING HIM ALIVE IS PRACTICALLY ZERO."

That evening, a representative from France's Ministry of Defense in Marseilles phoned Virginie Philip, but she assumed it was a telemarketer and didn't answer. When she checked her voicemail 15 minutes later, she heard a message telling her that Camprubi's emergency beacon had been set off. Her world fell apart.

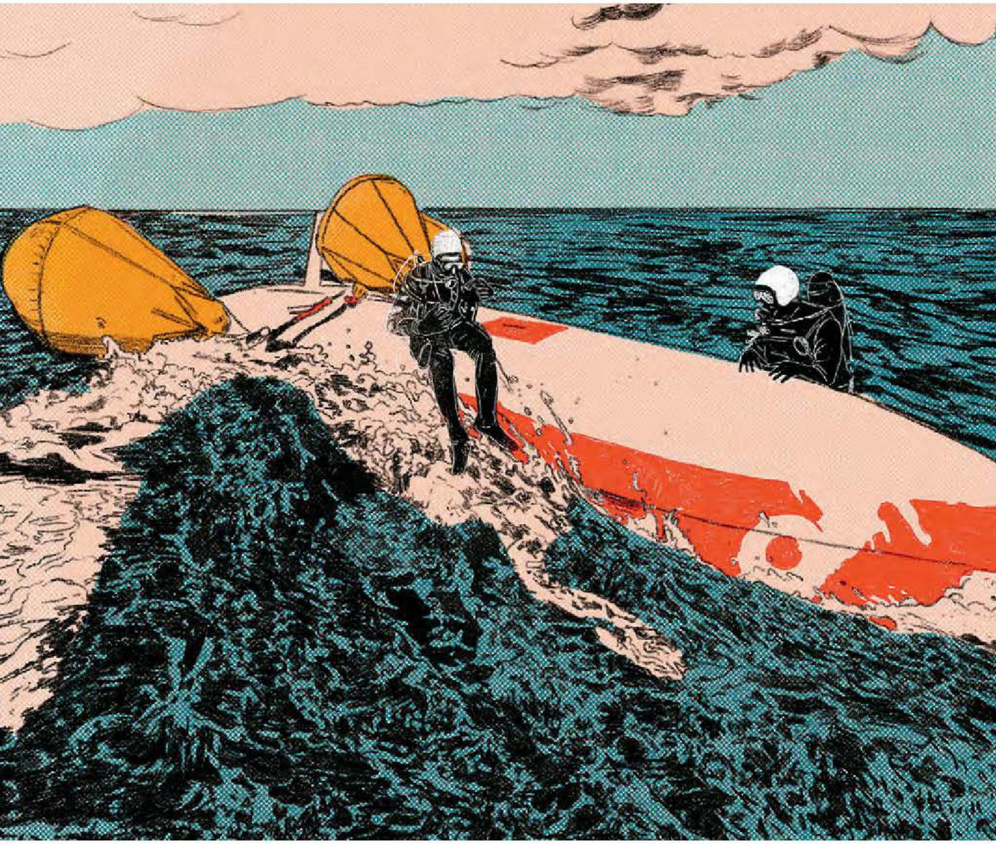
"Is Laurent OK?" she asked when she called back.

"We don't know," came the reply.

And so, the waiting began.

The couple's daughter, 12-year-old Jeanne, stayed beside her mom while their son, 3-month-old Paul, slept.

Philip called Richard Sautieux, Camprubi's friend and sailing team manager, to see if he could find out what was happening. At midnight, she



received an update from the organizer of the Route du Rhum: All he could tell her was that the boat had capsized, and the Spanish coast guard was involved.

Trying to tamp down her panic, Philip focused on being calm in front of her daughter, who eventually fell asleep. Unable to sleep herself, Philip watched the hands of the clock slowly crawl past 1, then 2, then 3, then 4 a.m.

Just past 8 a.m., her phone rang again. It was the Ministry of Defense with bad news: The chance of finding him alive is practically zero.

It was time to tell Camprubi's family. Philip started by calling Camprubi's brother, who assured her that Camprubi was too stubborn to give up.

"He will fight to the end," he told Philip. "Trust me, if anyone is going to



survive something like this, it's him."

On one level, Philip agreed. Certainly, the man she had been with for 14 years lived large and took risks, but he'd never been one to panic when bad things happened. And right now, she had no choice but to have faith.

IN THE CABIN of the *Jeanne*, Camprubi is disheartened, and so tired. Water, still seeping, sloshing and spraying, has filled more space, shrinking his air bubble. The water is also mixed with gas from an engine he had on board for emergency use, which he never got a chance to use. Not only is the smell overwhelming, the gas stings his skin and he has to keep his eyes shut tight to protect them.

Time means nothing now, minutes and hours flowing into each other in a jumble. Maybe it's 2 a.m.? He can't remember when he last ate or slept.

Don't think about that. Focus. Don't fall asleep.

He knows that the air bubble that's keeping him alive continues to shrink, and the water level has crept higher on his chest. With a grunt, he reaches out to grasp safety handles attached to the sides of the hull. He knows he needs to keep as much of himself out of the water as he can if he's to avoid hypothermia.

From time to time, Camprubi tries to concentrate on listening for a sound—anything that signals the coast guard has not given up on him. But as the light gets stronger, there is only quiet and calm.

Images of his life crowd his mind. Not his life flashing before his eyes, but the things he will miss about his life. Things like conversations with his three adult children from his first marriage. And also what he won't get to be there for: Paul saying "Papa" for the first time

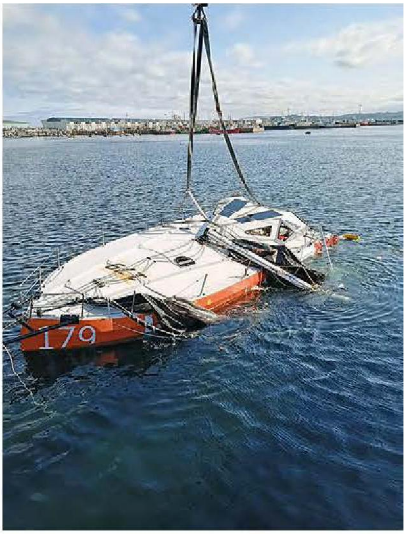
IMAGES OF HIS LIFE CROWD HIS MIND—THINGS HE WILL MISS.

and taking his first steps. Jeanne graduating from middle school.

By now, Camprubi has been gripping the handles for hours, and he's exhausted. He lets go of them. He's floating on his back, arms and legs splayed. But when the water laps over his face, he sputters and is alert again.

And then he hears knocking.

JUST BEFORE 9 A.M., some 13 hours after Camprubi's boat flipped, two divers made their way to the *Jeanne*. The seas had calmed, and their job was to secure the boat with three giant yellow buoys.





Left: the battered *Jeanne*. Right: Camprubi, safe on land, with his family, Paul, Jeanne and Virginie Philip.

COURTESY OF LAURENT CAMPRUBI (2)

The idea was to keep the boat afloat while the team conducted either a rescue or a salvage operation. When it was secured, the divers knocked on the hull. They didn't expect to get a response, but they heard shouting. Against all odds, against the mercurial sea and wind that had toppled him over, Laurent Camprubi was alive. Diving below the surface to peek in the cabin window, they saw his red booties moving.

But wires and jagged pieces of broken wood and metal floated underneath the hull, blocking the divers' access to the cabin door. So they began the painstaking job of diving under, again and again, to clear a path. It was slow, dangerous work with objects that could slice or snag them. Bit by bit, one hour flowing into a second hour, then a third, they collected and disposed, rising to the surface when a bag was full, then diving back down again.

You have to stay alive, Camprubi told himself. But he knew that now was not the time to start doubting his rescuers. As one of the helicopters positioned itself above the *Sar Gavia,* a bright orange, 130-foot tugboat, a diver knelt on top of the hull of the sailboat, explaining in shouts to Camprubi what they needed him to do.

Camprubi learned there would be no helicopter to lift the *Jeanne* up because

the vessel was already in pieces. That no divers would smash through the window to pluck him out because it wasn't big enough; besides, water would rush in and pull him under. The only way out was through that door.

Tired and chilled from so many hours of exposure, his muscles cramping, Camprubi understood that surviving this was still up to him. Because as soon as a diver opened the door, he would have to swim out fast, with everything he had, to avoid the torrent of seawater waiting on the other side to pin him down and drown him. He'd have one chance.

The rescue began just after noon. Holding his breath, Camprubi waited by the door, treading water, poised to break through when it opened. He forced himself to breathe slowly, calmly as he waited—and suddenly, the door opened. Acting on instinct, he was through it like a shot, swimming, using adrenaline and his arms and bicycle-hardened legs to power against the rush of the water. He swam under the hull and then made a right turn to go up, up 6 feet to the surface. He broke through to the surface, gasping for air. A diver—the same one who had knocked on the hull the night before—was waiting to attach a harness so the helicopter could hoist him aboard.

The men embraced. "I was so afraid you wouldn't survive the night," the diver admitted. Camprubi answered: "I was so afraid you wouldn't come back for me."

WHEN CAMPRUBI BOARDED the helicopter that would take him to a hospital in the nearby Spanish coastal city of A Coruña, his legs buckled as he bent over to catch his breath. It was 12:35 p.m.—more than 16 hours since the *Jeanne* had capsized.

Soon he'd be treated for exposure and hypothermia, and doctors would flush the gasoline out of his eyes. He would learn that he'd lost 15 pounds during those 16 hours, all of it muscle.

But on the helicopter, none of that mattered. All he wanted was to talk to Philip. When someone on board finally handed him a phone, neither of them could speak—they were both crying too hard. R

Dollars to Star-Bucks

A tall latte from Starbucks costs $3.45 in the chain's native state of Washington, but it's as high as $3.92 in Hawaii—and only $2.89 in Mississippi. That same cup of joe is just $1.31 in Turkey and $1.96 in Brazil, but it'll set you back as much as $5.36 in France, $6.55 in Denmark and a whopping $7.17 in Switzerland.

DIGG.COM

INSPIRATION

WAIT FOR IT...

To enjoy life more, embrace anticipation

BY *Holly Burns*
FROM **THE NEW YORK TIMES**

ALLE PIERCE KNOWS how to plan a vacation. A few months out, she "goes on a crazy Google spree," constructing a spreadsheet of all the things she wants to do and see. She scrutinizes the menus of restaurants she is planning to visit. She uses a picture of the destination as her phone's lock screen image and downloads a countdown app.

ILLUSTRATIONS BY *Alexei Vella*



"What's so exciting about a trip is the anticipation before it," says Pierce, founder of a luxury travel company called Gals Abroad Getaways, which plans group trips for women. Experts say she is probably right. Numerous studies suggest that having something to look forward to boosts your mood and lowers your stress.

"Imagining good things ahead of us makes us feel better in the current moment," says Simon A. Rego, chief psychologist at Montefiore Medical Center and Albert Einstein College of Medicine in Bronx, New York. "It can increase motivation, optimism and patience and decrease irritability."

Of course we can't just book a flight every time we need a little cheering up. But there are ways to harness and incorporate the power of anticipation into your everyday life.

GET EXCITED ABOUT A LOT OF LITTLE THINGS.

Anticipating a smattering of small, delightful experiences can be as enjoyable as looking forward to one big event, says Carrie L. Wyland, a social psychologist at Tulane University in New Orleans.

"At the end of every day, write down one thing you're excited for tomorrow," she says. "Maybe it's a new book or getting doughnuts or a package you're expecting."

The accumulation of these mini thrills means you will still reap the benefits of looking forward to something, even if it's not a big-ticket reward, says Christian E. Waugh, a psychology professor who studies anticipation at Wake Forest University in



Winston-Salem, North Carolina.

"Plus, with the nearer stuff, there's more of a sense it's going to happen for sure," he says. "You've got more control over a small gathering this evening than a vacation in six months."



CONNECT WITH YOUR FUTURE SELF.

Research has shown that feeling as if you are on a path to your future self can have a positive effect on your well-being by snapping you out of short-term thinking. Thinking ahead may help you prioritize your health and maybe even act more ethically.

While it's fun to daydream about your future self, the steps you need to take to get there can be intimidating, so start with clarifying the things in life you value the most, Rego says. Then set goals around them. If your priority is staying fit and healthy as you age, maybe your goal is to run a 5K. But don't wait to feel motivated before you take that first step. Instead, when you do something toward your goal, "focus on how motivated you feel afterward, not before," he says. As you start seeing progress, it will get easier: You will look forward to doing the things that get you closer to your future self.

CONSIDER A GENTLE BRIBE.

Anyone who has taken a child to get a flu shot and then ice cream afterward knows the power of building anticipation for a thing you don't want to do by pairing it with a thing you do. In a study on "temptation bundling," participants who were given an iPod loaded with audiobooks that they could listen to only at the gym



works just as well for things you are *not* jazzed about.

"Let's say you've got a work presentation you're nervous about," she says. "If you've also got a new outfit you can't wait to wear, you're going to look forward to it more."

FOCUS ON EXPERIENCES. Several studies have also suggested that we get more happiness from anticipating experiential purchases than material goods. Ramping up anticipation is an important trick of the trade for Lydia Fenet, a charity auctioneer. If it's dinner with a celebrity, for example, she will paint a picture of all the ways that dinner could turn out. Maybe you and the celebrity become buddies. Maybe they become a godparent to your kid.

"And right as I'm about to hammer down the gavel and sell the lot, I'll turn to the audience and say, 'So they'll be dining with their new best friend, George Clooney, at Gramercy Tavern, and you'll be sitting at home eating pizza,'" Fenet says.

Dinner with Clooney aside, you can still maximize anticipation before an

worked out 51% more than those who weren't. It was so incentivizing that, when the study ended, 61% of subjects said they would pay to have gym-only access to the audiobooks.

To build anticipation for the group vacations she leads, Pierce sends clients detailed packing lists a month in advance. "I get equally as excited about the clothes I'm going to wear on the trip as I do about the trip itself," she says.

But the promise of a new shirt

experience, such as a date. Choose an activity that is meaningful to you or a place you want to show the other person, says Erika Kaplan, vice president of membership for the matchmaking service Three Day Rule. "Then you're looking forward to two things: the date itself but also introducing the other person to your world and seeing how they react," she explains.

REMEMBER THAT ANXIETY AND ANTICIPATION CAN COEXIST.

The flip side of positive anticipation is anticipatory anxiety—and the fascinating thing, Waugh says, is that they often happen together.

"Anxiety and excitement are sister emotions," he says. "Think about when you're getting married or you're having your first kid. It's a jumble of both."

But it is detrimental only "when you only focus on the anxiety part and neglect the excitement part," he adds. The key is acknowledging the happy, positive aspect of what you are doing along with the nervous feelings. Research suggests that "when you reappraise anxious things as exciting, it actually makes you feel better about them," Waugh says.

MAKE SOMETHING UP.

If parties are something you look forward to, don't wait for a holiday to celebrate—just invent an occasion. Throw a birthday party for the dog, or host a pancake breakfast for all the kids on your street. Need some inspiration? Bow Tie Day, Lasagna Day and Spoil Your Dog Day are all coming up this summer.

Whether it is a party or a bribe or a nightly list, anticipation can be a powerful tool in manipulating our emotions. When TV writer Anna Beth Chao tries to look forward to something she is dreading, such as the four-day drive she just made from Los Angeles to her home in New Orleans, she uses this trick:

"I basically tell myself a little story about what might happen," she says. "If you frame it within 'Well, what if it's an adventure?,' it's easier to get excited about it." R

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Kidz Bop

My 4-year-old is singing a song she made up. The only words are "Everything's a mess and I don't care." It's the song of our time.

@XPLODINGUNICORN

My 5-year-old is singing a song she made up called "I love it when you cry after my heart." So good luck to all her future suitors.

@MICHIMAMA75

HEALTH

When Music Is Medicine

As it turns out, tunes can soothe us all

BY *Anicka Quin*

THERE'S ONE PATIENT that SarahRose Black still thinks about. Back in 2019, the nursing team in the palliative care unit at Princess Margaret Cancer Centre in Toronto asked if she could reach out to a patient who had been there for about a week. The man seemed to be struggling and was unwilling to engage with staff or be part of any activities. "They told me, 'He's short and grumpy with us, and we wonder if you might have an in.'"

Black isn't a doctor or a nurse. She's the on-staff music therapist. On any given day, she might see one person who's anxious about an upcoming procedure, another who's undergoing chemo and in need of soothing. Or she might encounter someone, like the man in the palliative care unit, who doesn't yet know he needs her.

So, on a wintry Wednesday afternoon, Black approached the patient's room and introduced herself. She asked if she could sit, and offered to play some music. "If you don't like it, you can tell me to leave," she said.

After some gentle urging, the 70-something man, who had lung cancer, told her a few classical composers he liked and then turned away. But as she started to play one of his favorites, Bach, on her portable keyboard, the man's arms unfolded, and he turned toward her and started to cry.

Black stopped the music. "Do you

ILLUSTRATIONS BY *Lynn Scurfield*





want me to continue?" she asked.

"Absolutely," he said through tears.

"It was as if the music went places that nothing else could," recalls Black. "He shared with me afterward that he had been holding in so much and had been unable to talk about anything, but the music showed up at a moment when it felt like a hug."

Anyone who has felt that spark of joy when a favorite song comes on the radio at just the right moment or wept along with a singer expressing heartache will understand the emotional resonance of music. Now, a growing body of scientific evidence demonstrates that music can be medicine too.

In a review of 400 research papers looking into the neurochemistry of music, Daniel Levitin, a psychologist and neuroscientist at McGill University in Montreal, found that playing and listening to music had mental and physical health benefits, including improving our immune systems and reducing stress.

One 2007 study from a team of Spanish researchers found that listening to music before surgery had the same effect in reducing preoperative anxiety as taking Valium. Anxiety before a major surgery can affect postoperative pain and recovery time. Another study, conducted in 2018 in the palliative care unit of Barcelona's Hospital del Mar, found that patients participating in a music-therapy program experienced significant decreases in tiredness, anxiety and breathing difficulties, as well as an increase in feelings of well-being. In 2019, the National Institutes of Health allocated $20 million for research in music therapy and neuroscience.

A session can be as unique as an individual's needs on a given day. If a patient loves classical music, that's what Black will play. Maybe it's folk or jazz. "One woman spoke no English, but she taught me a Farsi folk song," she says. "She'd sing a line, I'd sing it back, and then we were singing this beautiful song together."

She's gentle in her approach. "I make it very clear that preexisting musical experience or training isn't required," she says. "If I were to ask 'What kind of music do you like?', that might be a difficult question to answer. Instead I ask what they want to *feel*."

If the goal is pain management, Black might match the pace of her playing with the patient's breathing, and then gradually slow the music down. This process, called entrainment, can help slow the breath and has a calming effect.

Or a session might be about helping a patient process the emotions stemming from what they are going through. It might even be about connecting with loved ones.

"Sometimes the patient says, 'I'm having such a profound experience. I have no words,'" she says. "We know from so many wonderful brain studies that music can trigger memories and touch parts of the brain that other mediums cannot."

ONCE A WEEK, Carol Cameron hops on Zoom from her home in Madison, Wisconsin. She'll be joined by a dozen or so other participants, all following along as music therapist Jason Armstrong Baker leads them through drumming exercises—sometimes clapping, sometimes tapping on their bodies.

Like everyone taking part in the session, Cameron, 71, has Parkinson's disease, and this drumming circle—known as Rx 4 Rhythm—is designed to help strengthen her coordination.

"My tremor is on my left side, so learning things with my left hand is difficult," she says. "But it's really good to get this regular rhythm going—it gives you a feeling of overcoming a problem."

Rx 4 Rhythm is just one of the programs offered at the Johns Hopkins Center for Music and Medicine in Baltimore. The research institution is the brainchild of Alexander Pantelyat, a violin player and former member of the Penn Symphony Orchestra in Philadelphia. Today, he is a neurologist who specializes in movement disorders such as Parkinson's and Huntington's. The center applies treatment to movement disorders that was mainly the domain of cancer therapies.

"There's a revolution in oncology and cancer research—more people are being cured, and much of it can be attributed to a very targeted precision treatment that really is individualized for the patients," he explains. "Just listening to music activates many regions of the brain simultaneously."

A study from the Center for Music and Medicine, based in Baltimore, followed a choir composed of Parkinson's patients (called the Parkinsonics) to learn how singing might impact their speaking voices. After 12 weeks, the singers' speaking volumes—which often fade as Parkinson's progresses—had grown demonstrably stronger.

The Rx 4 Rhythm drumming circle program came out of a 2015 study that showed that Parkinson's patients had improved their ability to walk after six weeks of drumming practice.

The center plans to fund these musically oriented groups even after the studies have wrapped up. "Patients in the Parkinsonics told us that they didn't want to stop singing when the study was over,'" says Dr. Pantelyat.

While sessions have therapeutic goals—working on coordination, say, or breathing techniques for managing anxiety—there's a community-building element too. Kerry Devlin, the center's senior music therapist, runs an online

support group for people with a broad range of neurological disorders, along with their loved ones.

"There can be folks who are experiencing really intensive symptoms, like a decline in their ability to verbally communicate," says Devlin. Music can help them find ways to respond again.

"I've had the honor of making music with people, and all of a sudden they're coming up with new words," she says. "It turns into this beautiful improvisational moment, and a care partner is saying, 'I've never seen this happen.'"

Music can have a profound effect on helping sick children too. Ruth Hunston is a music therapist in the "play department" at the Great Ormond Street Hospital in London, England. As the U.K.'s oldest children's hospital, it sees more than 69,000 patients a year.

"When children are in the hospital, their worlds get much smaller," says Hunston, who explains that her program, introduced in 2019, helps give patients back some sense of control. "They're having so many things done to them and around them, but this allows them to create something themselves."

Extended time in pediatric care can affect a child's development, says Hunston. In light of that, much of her program is designed to help them progress. "I've had lots of infants who have sat up for the first time at the drums, because they're just so motivated to play," she says. "Or they start making sounds because I'm singing to them, and they want more."



The parents also become part of the therapeutic process. "What's really lovely is when you go in and you start to make music, and the children invite their parents to join," she says. "There's this beautiful interaction between everyone, and sometimes I get to step back and just watch them play—to really laugh and have fun."

AT THE DR. BOB KEMP HOSPICE in Hamilton, Ontario, music therapy has become an integral part of patient care in residential end-of-life settings. "The palliative journey isn't really about someone dying," says Doug Mattina, director of the hospice's pediatric unit. "It's about bringing the most joy. It's providing the wrap-around care not only for the individual but for those impacted by it."

Mattina experienced the music therapy program when his father spent his last days at the hospice.

"I remember the time the music therapist said to him, 'Bill, what kind of mood are we in today?' And he said, 'Today is time to dance,'" says Mattina. "Even though my father was feeling like crap, and we knew that we had days or hours left, me, my sister, my brother and my mom would dance around his bed." Mattina was so moved that he left a career in the foreign service to work full time for the hospice.

Sara Klinck directs the hospice's music therapy program, where, at a patient's bedside, she might improvise a call-and-response song to help them open up about how they're feeling that day, or help a resident write a song.

"For some people, sometimes what's hard to say is easier to sing," she says.

Finding those meaningful moments is the therapist's role, but as music therapist SarahRose Black notes, people have been connecting with music for their whole lives—she is just helping them access it again at a time when they need it most.

"We have a heartbeat, so we have a drum inside us; we are wired to be musical people," she says.

She smiles as she reflects back on one patient, a man in his late 30s with late-stage brain cancer. "He said, 'SarahRose, I have a lot of friends, and they're great; they show up and they're helpful, but they don't really understand what's going on here,'" she says. "He told me, 'The music is like my friend who gets it.'" ▮

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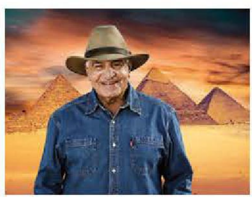


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LIST

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FILM

About My Father

Starring Sebastian Maniscalco *and* Robert De Niro

LET'S GET READY TO culture clash! In this corner: A newly widowed hairdresser named Silvio (Robert De Niro) who is significantly prouder of his Italian roots than his son, Sebastian (Sebastian Maniscalco). In the other: An eccentric ultra wealthy all-American family (led by Kim Cattrall and Anders Holm). Everyone comes together when Sebastian, encouraged by his fiancee (Leslie Bibb), reluctantly invites his father to his future in-laws' summer estate for the Fourth of July weekend. "He's worried his immigrant father is going to make him look like some kinda goombah," grumbles Silvio. Broad laughs aside, the comedy is autobiographical: Maniscalco cowrote the script as a love letter to his dad. Maniscalco and De Niro even got linked up because De Niro is a fan of Maniscalco's stand-up—and by the end of the film, you will be too. *(In theaters May 26) —Mara Reinstein*

DAN ANDERSON/LIONSGATE (5). NOUN PROJECT (FILM ICON)

ILLUSTRATION BY *Tim Marrs*



TV

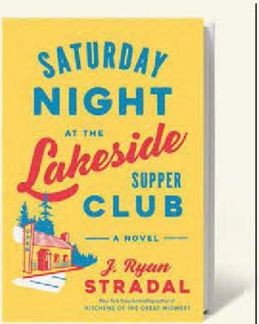
FUBAR

Starring Arnold Schwarzenegger

Arnold Schwarzenegger is back, baby! The Governator returns to the small screen as Luke Brunner, a CIA operative on the verge of retirement (classic!) and patriarch whose espionage career has cost him familial relationships. On one of his final missions, he discovers that the "mark" he's meant to be extracting is none other than his picture-perfect, type-A daughter Emma (Monica Barbaro), much to their mutual surprise—and she's also an undercover CIA operative. Luke had no idea Emma joined the family business; Emma didn't know there was a family business. Both must find a way to work together in the field while mending their relationship and maintaining their covers with loved ones. Milan Carter plays Luke's "guy-in-the-van" techie sidekick, with comedian Fortune Feimster—the true sleeper cell of the show—as a fellow agent. Each episode ends on a cliffhanger and is as bingeable as the last. *(Streaming on Netflix May 25) —Caroline Fanning*

AMANDA MATLOVICH/NETFLIX © 2023. NOUN PROJECT (TV ICON)

BOOKS



Saturday Night at the Lakeside Supper Club

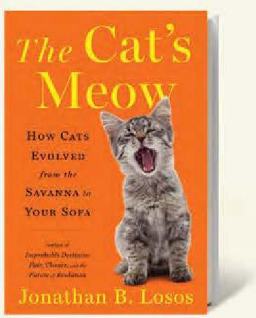
By J. Ryan Stradal

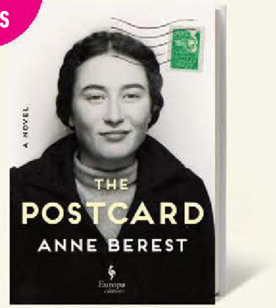
Mariel Prager is next in line to run her family's Lakeside Supper Club but struggles to keep the Minnesota landmark afloat. Her husband, Ned, is also a restaurant heir—to a chain of home-style diners that puts places like the Lakeside under. Mariel has a few other things to manage, along with her restaurant and marriage, including her relationship with her recently reemerged mother, who hasn't spoken to Mariel in years and never liked the Lakeside. *Kirkus Reviews* calls the novel "a loving ode to supper clubs, the Midwest, and the people there who try their best to make life worth living." —*CF*

The Cat's Meow

By Jonathan B. Losos

A former Harvard scientist finally trains his attention where we need it: the confusing, confounding, beckoning—then suddenly not beckoning—world of cats. Losos asks what others won't, like, "Is it really poor pet ownership to let your cat outside?" and "Is a pet ocelot a bad idea?" (If bad, why so cute? Explain!) And explain Losos does, in a way that's comprehensive and astute, but still fun and digestible for a non-Harvard audience. The most interesting chapter is Pussy Cat, Pussy Cat, Where Have You Been?, in which Losos uses GPS technology to track where a feline might roam by the time he loudly announces his return to the sliding door. —*CF*





The Postcard

By Anne Berest, translated by Tina Kover

A beloved French novel gets an English translation. *The Postcard*, fiction inspired by an event in Anne Berest's life, is set in France but takes readers on a journey through history. Prompted by an anonymous postcard mailed to her home, Berest's heroine pieces together the story of her ancestors who were murdered in Auschwitz. With the help of her mother, friends, family and a private detective, she follows the ghostly trails of family members she never met, reexamining her relationship with her family, self and home country of France. The moving family saga will stay with you long after the last page.
—*Jessica MacLeish*

COURTESY OF PAMELA DORMAN BOOKS (SUPPER CLUB). VIKING BOOKS (CAT'S MEOW). COURTESY OF ANNE BEREST (POSTCARD COVER PHOTO: NOÉMIE RABINOVITCH, 1941), GINEVRA RAPISARDI (POSTCARD COVER DESIGN). (NOUN PROJECT (BOOK ICON)

QUOTABLE QUOTES



I went to Africa as a scientist. I left the jungle as an activist.

—**Jane Goodall,** PRIMATOLOGIST, IN HER MASTER CLASS

Just give yourself credit for even the smallest steps.

—**Tig Notaro,** COMEDIAN, IN *THE ATLANTIC*

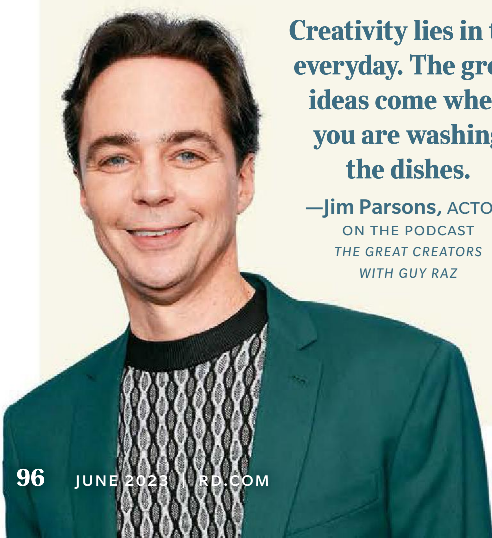
Swing hard in case you hit it.

—**Bernie Williams,** FORMER PROFESSIONAL BASEBALL PLAYER, ON THEHEALTHY.COM

You're never too young to start an empire and never too old to chase a new dream.

—**Manjit Minhas,** ENTREPRENEUR, IN *CANADIAN BUSINESS*





Creativity lies in the everyday. The great ideas come when you are washing the dishes.

—**Jim Parsons,** ACTOR, ON THE PODCAST *THE GREAT CREATORS WITH GUY RAZ*

JANE GOODALL INSTITUTE/SHAWN SWEENEY (GOODALL). KIMBERLY WHITE/GETTY IMAGES (PARSONS). COURTESY OF MANJIT MINHA



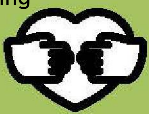
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Brain
GAMES
SHARPEN YOUR MIND

Fact or Fiction?

MEDIUM Determine whether each statement is fact or fiction. To reveal the solution to the bonus question at the bottom, write the letters indicated by your responses in the corresponding numbered blanks. Turn the page upside down for the answers.

1. Hugging reduces stress.



FACT: M **FICTION: J**

2. Motorola created the first cellphone in 1973.

FACT: A **FICTION: O**

3. Betsy Ross made the first American flag on June 14, 1777.



FACT: H **FICTION: R**

4. Bonnie and Clyde never robbed a bank.



FACT: N **FICTION: C**

5. The sun could fit more than 1 million Earths inside it.

FACT: O **FICTION: C**

6. The original title of *Jane Eyre* was *First Impressions*.

FACT: A **FICTION: P**

7. June bugs are blind.

FACT: B **FICTION: O**

8. "Buttload" is a real unit of measurement.



FACT: L **FICTION: O**

9. After France, Italy has the most restaurants with Michelin stars.

FACT: T **FICTION: O**

BONUS QUESTION Which explorer is credited with bringing back the original recipe for gelato from his travels? (Need help? Turn to "The Scoop on Gelato" on page 15.)

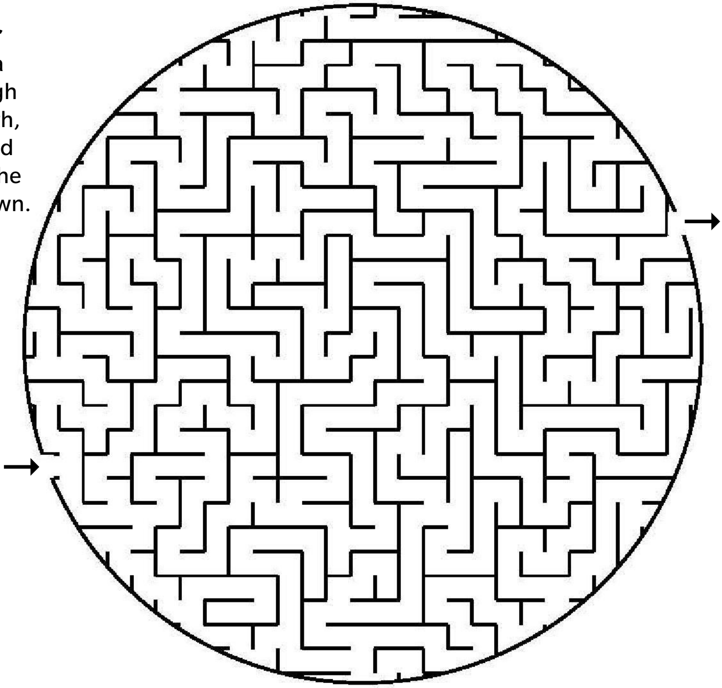
___ ___ ___ ___ ___ ___ ___ ___ ___
1 2 3 4 5 6 7 8 9

Answers: 1. Fact; it also boosts our immune systems, so hug it out! **2.** Fact. **3.** Fiction; it's the day Congress approved the design. **4.** Fiction; they more commonly robbed small stores, but they did also rob banks. **5.** Fact. **6.** Fiction; *First Impressions* was the original title of *Pride & Prejudice*. **7.** Fiction; they're just clumsy fliers. **8.** Fact; it's equivalent to 126 gallons and is usually used for measuring wine. **9.** Fiction; Japan does. (Italy is third.) **Bonus question:** Marco Polo.

EMILY GOODMAN AND ROSIE LONG DECTER (FACT OR FICTION). NOUN PROJECT (4)

Pathfinder

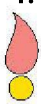
EASY Trace a path through the labyrinth, entering and exiting by the arrows shown.



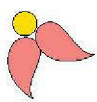
Petal Problem

DIFFICULT The flower shown here grows petals one at a time in a specific pattern. Once it has its first petal (as shown in 1), it adds its next three petals following the exact same process. From these pictures of its progression, determine which of the three options (A, B or C) depicts what the flower will look like next.

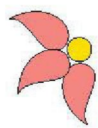
1.



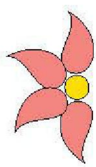
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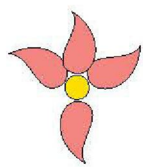
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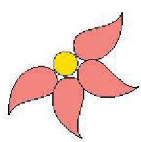
A.



B.



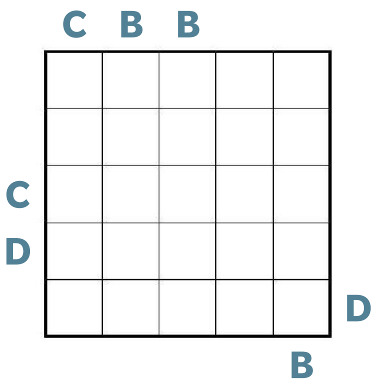
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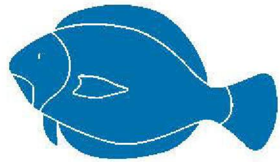


LOUIS-LUC BEAUDOIN (LABYRINTH). EMILY GOODMAN (PETAL PROBLEM)

First In

DIFFICULT Place the letters A, B, C and D into this grid so that each letter appears exactly once in each row and column, with one cell in each row and column left blank. Each letter outside the grid indicates the letter that must appear first in its respective row or column (reading in from the edge of the grid closest to the letter, and skipping any blank cells). Can you complete the grid?





Fauna Farce

MEDIUM All flounders are flatfish. Some flatfish are freshwater fish. Flamingos make friends only with freshwater fish. If a fish is a frog's foe, then it is a flamingo's friend. Flounders have either four fins or five. Five-finned flounders fear frogs. Four-finned flounders are not freshwater fish.

One of these "facts" does not follow. Find the falsehood:

- Some fish that fear frogs are flatfish.
- Flamingos will not make friends with all flounders.
- If a freshwater fish is a flounder, it has five fins.
- Some frogs have four-finned flounders as foes.

Do The Math

MEDIUM Use five mathematical symbols (+, −, ×, ÷ and √) to complete the equation. Use each symbol only once, and ignore the standard order of operations.

? 36 ? 4 ? 9 ? 3 ? 2 = 7

For more Brain Games, go to **RD.COM/BRAINGAMES.**

For answers, turn to **PAGE 103.**

FRASER SIMPSON (FIRST IN). DARREN RIGBY (FAUNA FARCE). EMILY GOODMAN (DO THE MATH)

WORD POWER

You don't have to play Wordle to do well on this quiz, which features past answers to the popular online game that gives players six guesses to identify a five-letter word. Will you share your success on social media or erase your stats? When you're done, turn the page to find the answers. Ready? Begin!

BY *Rob Lutes*

1. aphid *n.*
('ay-fuhd)
A sap-sucking insect
B algae-eating fish
C flowering shrub

2. egret *n.*
('ee-greht)
A bad decision
B small cove
C white heron

3. smite *v.*
(smyt)
A strike sharply
B secure with rope
C ascend

4. leery *adj.*
('lihr-ree)
A intoxicated
B wary
C poorly made

5. tapir *n.*
('tay-pr)
A Velcro-like fastener
B nocturnal mammal
C ceramic cookware

6. duchy *n.*
('duh-chee)
A land of duke or duchess
B savory puff pastry
C motorized bicycle

7. tilde *n.*
('tihl-duh)
A whirlpool
B accent mark in Spanish
C tiered fountain

8. axiom *n.*
('ak-see-uhm)
A bridge support beam
B subatomic particle
C established truism

9. biome *n.*
('by-ohm)
A biogeographic unit
B group of stars
C couples yoga

10. whelp *n.*
(welp)
A scar
B puppy
C slap

11. abase *v.*
(uh-'bais)
A defend
B remove
C humiliate

12. epoxy *n.*
(i-'pahk-see)
A class of adhesive
B type of viral disease
C period of history

13. grimy *adj.*
('gry-mee)
A uninviting
B covered with dirt
C pained

14. agate *n.*
('a-guht)
A arched doorway
B sour berry
C ornamental stone

15. rebus *n.*
('ree-buhs)
A riddle made of pictures
B twin
C male crow

Your Daily Fix with All the Fixings

You've done the Wordle of the day. Now what? Thankfully, there are spinoffs that can tide you over—or become your new favorite. For more words, try Quordle, which has you guess four five-letter words simultaneously. Art buffs might like Artle, in which you name an artist after seeing up to four of their works. Music lovers, try Heardle to quickly name that tune after hearing as little of it as possible.



Word Power ANSWERS

1. aphid
(A) *sap-sucking insect*
Drought led to an aphid infestation that threatened the potato crop.

2. egret (C) *white heron*
From the shore, Luis watched the egret catch fish in the shallows.

3. smite (A) *strike sharply*
The knight drew his sword to smite the beast.

4. leery (B) *wary*
I'm leery of my roommate's cat, which always seems ready to pounce.

5. tapir
(B) *nocturnal mammal*
On an evening hike in Colombia, Freya spotted the tracks of a rare tapir.

6. duchy
(A) *land of duke or duchess*
The Duchy of Cornwall is worth more than $1 billion.

7. tilde
(B) *accent mark in Spanish*
Ava lost a point on her exam for missing a tilde on the word *señor*.

8. axiom (C)
established truism
The axiom that a large fire can come from a tiny spark proved true when Max's cigarette caused an inferno.

9. biome
(A) *biogeographic unit*
The tundra biome is home to woodland animals such as caribou.

10. whelp (B) *puppy*
At the sound of the train, the whelp retreated behind its mother in fear.

11. abase (C) *humiliate*
Stephan refused to abase himself, so he quit the demeaning job after one day.

12. epoxy
(A) *class of adhesive*
Epoxy adheres to wood better than glue does.

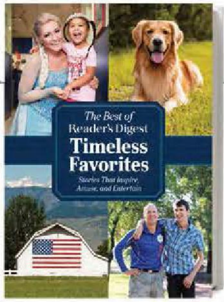
13. grimy
(B) *covered with dirt*
Zoe struggled to hide her dismay at her boyfriend's grimy apartment.

14. agate
(C) *ornamental stone*
The statuette carved from multicolored agate sat proudly on the mantel.

15. rebus
(A) *riddle made of pictures*
Sandro made the scavenger hunt trickier by using rebuses for the clues.

Vocabulary Ratings
9 & BELOW: Phew!
10-12: Splendid
13-15: Magnificent

ISSARAWAT TATTONG/GETTY IMAGES (MOBILE PHONE), COURTESY NATIONAL GALLERY OF ART, WASHINGTON (*FLOWERS IN A ROCOCO VASE* BY PAUL CÉZANNE)



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ANSWERS

WHERE, OH WHERE?

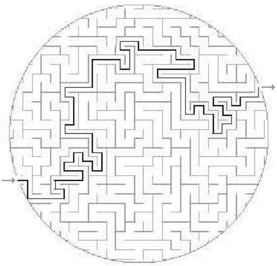
(page 22)

B. Iao Valley State Park, Hawaii

BRAIN GAMES

(pages 99-100)

Labyrinth



Fauna Farce

The last statement ("Some frogs have four-finned flounders as foes") is false.

First In

C	B		A	D
A	D	B		C
	C	D	B	A
D		A	C	B
B	A	C	D	

Petal Problem

B. Each of the flower's petals rotates clockwise by 120 degrees, then a new petal is added at the bottom.

Do The Math

$\sqrt{36} \times 4 - 9 \div 3 + 2 = 7$

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